DAILY EXPRESS

CAMPAIGNING FOR A BETTER BRITAIN

express.co.uk

FRIDAY, JANUARY 23, 2026 £2

SHOW OF LOVE

Brooklyn and Nicola hand in hand after his rift with Mum and Dad

EXCLUSIVE PICTURES SEE PAGES 8&9

Express reporter calls for National Plan to focus on mental health support

BRITAIN NEEDS BETTER CARE FOR CANCER PATIENTS

EXPRESS CRUSADE
CANCER CARE

BY **ROBERT FISK** and **HANNA GEISSLER**

CHARITIES, campaigners and the Express today urge ministers to ensure mental health is a key part of the long-awaited National Cancer Plan.

A blueprint to improve care is due out next month – but Express reporter Robert Fisk, *pictured*, who is living with incurable bowel cancer, said the help he needs "just isn't there

TURN TO PAGE 5

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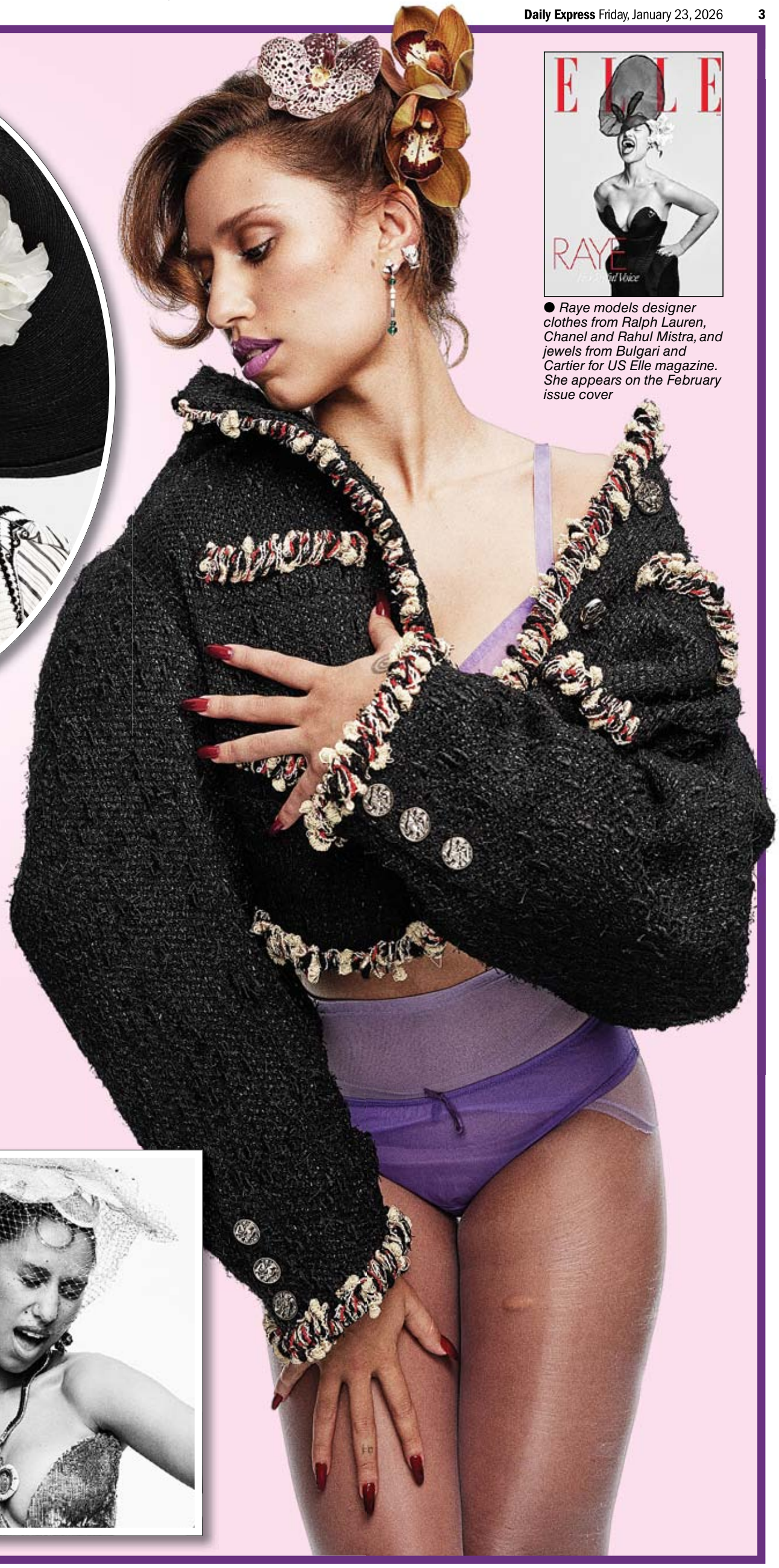
Pictures: WILLY VANDERPERRE/ELLE

All set for U.S. of Raye



● *Raye models designer clothes from Ralph Lauren, Chanel and Rahul Mistra, and jewels from Bulgari and Cartier for US Elle magazine. She appears on the February issue cover*

BY **ZARA ZUBEIDI**

HATS off to singer Raye as she prepares to make a big impact in the US.

The Escapism singer-songwriter is aiming to make it on the other side of the pond this year as her as-yet-unnamed second studio album is released.

The London-born star, 28, has 20 American and four Canadian concerts lined up for spring, following her This Tour May Contain New Music gigs in the UK and Europe. And she kicked off her year in high style with a cover shoot for US Elle.

Raye told the magazine: "This really is the big dream, to make a name for yourself in this huge country."

Just 14 years old when she got her first manager, real success came with her independently released debut studio album My 21st Century Blues in 2023, followed by single Where Is My Husband!, a No1 hit earlier this month.

Nigel Farage leads court fight

Farage slams a 'denial of democracy' in vote delay

BY **CHRISTIAN CALGIE**

NIGEL Farage has blasted the government for taking away millions of voters' rights in the local elections this May.

Local Government Secretary Steve Reed yesterday confirmed 29 councils will delay their votes until 2027, some for the second year in a row, due to a local government shake-up.

Reform UK's legal challenge to the issue was given the go-ahead in the High Court earlier this week.

A trial date is set for the end of February, so the postponements could still be blocked by the courts. Mr Farage said: "Keir Starmer has colluded with Labour and Tory councils to cancel 30 council elections on May 7.

"Millions of people's right to vote has been taken away. Reform UK are fighting this denial of democracy."

Around five million people will have to wait until they can choose who runs their services.

Duplication

Political pundits believe Labour was set for a wipeout in most of the areas being delayed.

But Mr Reed insists the reorganisation will be worth it in the long run. He said: "This is a once-in-a-generation reform that will transform local government.

"Cutting through two-tier bureaucracy means faster decisions on housing, simpler access to services and more money going to potholes, tackling crime and caring for older people instead of being lost to duplication.

"That's what residents want."

The Tories have also condemned the announcement, despite their council leaders pushing for five of the 29 postponements.

Asked if these authority heads would face sanctions, a Tory source said they would not "because the Conservative Party is a democracy".

Mahmood: Barracks 'just the start' for migrant sites

BY **MICHAEL KNOWLES** and **AARON NEWBURY**

SHABANA Mahmood vowed to open "site after site" to house migrants despite outrage as the first asylum seekers moved into an Army training camp yesterday.

Twenty-seven men, who arrived in the UK on small boats, were bussed into the Crowborough Training Camp with a police escort at 3.30am, following months of local protests.

The East Sussex barracks, previously used for Army and RAF cadets, police and firefighters, will eventually house 540 men.

Ms Mahmood, *below*, who may face a legal challenge by Wealden district council, vowed to ram through more migrant accommodation on "large sites" as the government closes asylum hotels. But MPs have warned that the Home Office is "yet to demonstrate it has a credible plan" to do it.

Site in Crowborough has basic facilities and had a police presence yesterday

Reckless

Kim Bailey, who heads residents group Crowborough Shield, said: "It's shameful. I saw in her [Ms Mahmood's] statement that she said, 'We're going to open site after site.'

"It almost felt like she's boasting. That's disgusting because what she's saying is she is going to disrupt community after community, without engaging with you and we're just going to ram it through.

"It's reckless. This isn't a self-contained Army barracks. They have had to evict thousands of cadets to be able to make this decision.

"The asylum seekers don't want to be in a place like this."

Shadow Home Secretary Chris Philp said: "Illegal immigrants are costing £4billion a year to house and they pose a threat to local communities up and down the country." He claimed: "We have seen hundreds of crimes committed by illegal immigrants in asylum accommodation, including many rapes, sexual assaults and even murder. Now the women and children of Crowborough will be exposed to those risks."

Reform UK MP Lee Anderson said: "Reform UK will detain and deport every single person that has arrived in the UK illegally."

The Home Office insists "robust safety and public protection safeguards are in place", with 24/7 security at Crowborough. Police were seen outside yesterday. Sources said migrants will be housed for up to three months while claims are processed.

Sir Keir Starmer has vowed to close every migrant hotel by 2029 with former military sites being put to use.

Some 36,273 arrivals are now staying in taxpayer-funded hotel rooms, a 13% rise compared with June's figure of 32,041, while 66,232 live in communities. Commons home affairs committee chair Dame Karen Bradley said the Home Office had not proved it had a credible plan, taken into account local feelings or toughened up security.

Ms Mahmood said: "We are removing the incentives that draw illegal migrants to Britain, closing asylum hotels that are blighting communities.

"Crowborough is just the start. I will bring forward site after site until every asylum hotel is closed and returned to local communities.

"I will not rest until order and control to our borders is restored."

Official in charge of troubled £6bn tank replaced

BY **CONOR WILSON**

THE SENIOR civil servant responsible for the Army's troubled Ajax fighting vehicle is no longer overseeing the much-delayed project, after safety concerns were kept from ministers.

Training on the Ajax fleet, which is costing £6.3billion, was halted in November after 30 soldiers fell ill due to excessive noise and vibration.

Tests to find out the cause were stopped when another fell ill using one of the £10million light tanks – the Army has ordered 589, which are made in Merthyr Tydfil by General Dynamics.

Defence minister Luke Pollard said: "Ministers should have been briefed more comprehensively in relation to operational impact and the nuanced risks of operating safely.

"Submissions did not reflect the full breadth of known aggregated safety risk, particularly regarding vibration-related injuries and historical programme issues." While the MP refused to comment on "HR matters", he confirmed that programme head Chris Bowbrick, who was termed the Senior Responsible Owner, was no longer overseeing it.

Ajax armoured vehicle

Shadow defence minister Mark Francois yesterday urged Labour to fix or scrap Ajax, which was meant to have entered service in 2017. He said: "Luke Pollard, rightfully, admits his anger. As the safety of our soldiers remains paramount, ministers must now, finally, absolutely, fix Ajax or fail it once and for all."

The programme has suffered several delays and been plagued by noise and vibration issues.

But in early November Mr Pollard had said that Ajax had "left its troubles behind" as he declared its initial operating capability, meaning it could be deployed. Injuries to soldiers occurred less than two weeks later.

He later told the Commons defence committee he had made his decision after receiving written assurances from Army head General Sir Roly Walker and national armaments director Andy Start that it was safe.

In a statement to MPs, Mr Pollard went on to acknowledge that "inaccurate information directly contributed" to his decision to clear the armoured vehicle for use.

TO READ ALL THE BEST POLITICAL STORIES OF THE DAY GO TO EXPRESS.CO.UK/POLITICS

Picture: JONATHAN BUCKMASTER

‘Mental health help is often not there’

Charities back Express man’s plea for cancer care

Dear Wes Streeting MP, Secretary of State for Health and Social Care, and Ashley Dalton MP, Parliamentary Under-Secretary of State for Public Health and Prevention

We are writing to urge you to ensure that mental health support is a central part of your National Cancer Plan when it is published next month. We would like to request a meeting with you to discuss the importance of this matter.

As you both know from personal experience, cancer is the worst thing that most people will go through in their lifetime, and yet available mental health support is often lacklustre and does not meet patient demand.

The Daily Express launched its Cancer Care campaign in January 2025, recognising the importance of support for cancer patients with emotional and mental health issues, both during and after treatment.

It came about after I was diagnosed with incurable bowel cancer two and a half years ago. I’ve seen firsthand how difficult it can be to access support, and I want your help to change that.

At the Express, we have heard of people who have been given the all-clear from cancer but have killed themselves because they are so scared of it returning.

We have heard of people who have only survived with the help of their GPs or organisations like the Samaritans.

Everyone we have spoken to has told us how they were in need of support, and while some cancer departments do offer mental health support, in most cases it just wasn’t there. It’s essential that all cancer units offer such support to patients, both during and after treatment.

Meanwhile, I’ve recently been told one of my tumours has slightly increased in size, and there is uncertainty about what this means for my treatment regimen.

The only certainty is that the mental health support I need to cope with the realisation that my cancer may be spreading just isn’t there at my NHS hospital.

According to the Department of Health, people with cancer are supposed to receive a Holistic Needs Assessment either when they are diagnosed or shortly after, to identify physical, emotional and practical needs.

It’s vital that these needs are addressed not only at the point of diagnosis but also throughout treatment. But at the moment, this is falling through the cracks. The assessment is rarely carried out and, when it is, many patients have said it hasn’t been fit for purpose.

The Daily Express has joined forces with cancer charities and campaigners to call for every NHS cancer patient to receive a Holistic Needs Assessment, and for these assessments to be regularly updated as their treatment progresses.

Mental health issues are a significant side-effect of all cancers, with patients forced to deal with a new, very uncertain reality, but medical teams don’t ask their patients about them. This must change, and they must be made a focal point of the Holistic Needs Assessment.

We also want patients to be routinely asked about their mental health and wellbeing during consultations with their medical team, so they can be directed to help with any issues they are experiencing – whether it is low-level support, such as a walking group to combat loneliness, or a referral to an oncology psychologist for patients experiencing extreme distress.

But hospitals are only treating the physical sides of the disease.

We’d like to meet with you to discuss how mental health support must be at the heart of the National Cancer Plan. Ensuring this happens will help to improve and save millions of lives.

We look forward to hearing from you.

Letter plea by Daily Express reporter Robert Fisk, who is living with incurable bowel cancer

FROM PAGE ONE

at my NHS hospital”. The plan will be unveiled by Health Secretary Wes Streeting, who was treated for kidney cancer in 2021, and will include a pledge to end a postcode lottery for patients by recruiting extra specialist doctors.

The Express’s Cancer Care campaign – backed by charities such as Prostate Cancer UK, Breast Cancer Now and Maggie’s – wants ministers to recognise too many people fall through cracks when it comes to mental health support.

Three cancer survivors and the heads of 17 charities signed our letter, *right*, to Mr Streeting and health minister Ashley Dalton, who twice had breast cancer surgery.

It argues more must be done to ensure Holistic Needs Assessments – which consider all aspects of a patient’s life, not just their illness – are completed. It also wants medics to regularly ask patients about their mental health during care.

The letter says: “We have heard of people who have been given the all-clear from cancer but have killed themselves because they are so scared of it returning...while some cancer departments do offer mental health support, in most cases it just wasn’t there.

“It’s essential that all cancer units offer such support.”

Henny Braund, from the Anthony Nolan charity, said: “I’ve joined the Express and fellow cancer charity chief executives in calling for better mental health support for cancer patients.

“Nearly half of all stem cell transplant patients experience mental health challenges. Mental health support is inconsistent and often inadequate, with only one in five transplant centres having a dedicated psychologist on staff.”

She added: “Politicians and NHS leaders must act now.”

Our campaign was launched a year ago, after reporter Robert Fisk recognised that mental health support is often lacklustre and does not meet the demand.

The letter says the help he needed to cope with news that his cancer may be spreading “just isn’t there at my NHS hospital”.

Patients are meant to have a Holistic Needs Assessment when, or shortly after, they are diagnosed to identify their physical and emotional needs. But many say the few assessments which are actually carried out are not fit for purpose.

Ms Dalton and Mr Streeting

Breast Cancer Now’s CEO Claire Rowney said: “Being diagnosed with breast cancer... can lead people to feel anxious, low or overwhelmed.

“It’s critical that they, and also their loved ones and friends, know that the support they need is available.” And Lisa Walker, of Neuroendocrine Cancer UK, said: “The psychological burden of a less common and often misunderstood cancer can be profound.

“Neuroendocrine Cancer UK is proud to back the Daily Express campaign and to have signed this letter calling for mental health care to be recognised as an essential part of cancer treatment, not an optional extra.”

It is thought the national plan will be published on February 4, to coincide with World Cancer Day. Mr Streeting has said that he is determined to end the health inequalities which have increased across England during the past 15 years.

Access

He added: “We’re training more doctors in the communities that need them most and making sure the latest cancer detection technology reaches every corner of the country.” Prof Peter Johnson, NHS national clinical director for cancer, pledged: “You will be able to access world-class cancer specialists and the latest treatments that are right for you, no matter where you live.”

The Department of Health said: “We have received the Cancer Care Crusade letter and appreciate all of the efforts taken by Robert Fisk and cancer charities.”

It added the national strategy would “make England a world leader for cancer survival”.

OPINION: PAGE 12

EXPRESS VOTE

Should the new National Cancer Plan focus on mental health support?

YES: 0901 133 4440
NO: 0901 133 4441
Calls cost 50p plus network access charge

Yes text DXYES to 63333
No text DXNO to 63333
Texts cost 50p plus standard network rate

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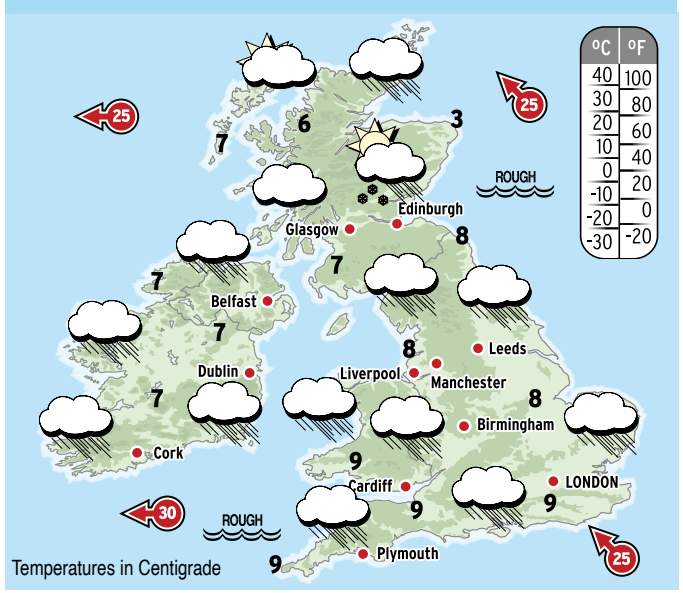
WEATHER FORECAST



Today's summary: Cloudy start, evening clearing

North West: Mostly cloudy with the chance of a few scattered showers. Moderate north-westerly winds. High 8C (46F).

Northern Ireland: Cloudy with a chance of scattered light showers. Moderate north-westerly winds. High 7C (45F).

Wales: Wet start, turning to persistent wet spells. Strong winds, becoming milder later. High 9C (48F).

Midlands: Dull and grey with outbreaks of light rain and drizzle. Moderate north-westerly winds. High 8C (46F).

North East/Yorks: Mostly cloudy with the chance of scattered light showers. Light winds. High 8C (46F).

Scotland: Drizzly start, turning overcast. Moderate winds, cool temperatures throughout. High 8C (46F).

East Anglia: Overcast, turning wet by mid-afternoon. Breezy with mild temperatures throughout. High 8C (46F).

London/South East: Cloudy with light rain. Sunshine and showers later. Fresh winds, feeling cool. High 9C (48F).

South: Damp with patchy rain for a time. Sun and showers later. Moderate northerly winds. High 9C (48F).

South West: Mainly cloudy with a chance of scattered light showers. Gentle north-westerly winds. High 9C (48F).

Channel Isles: Wet and cloudy with light rain and then showers later. Brisk westerly winds. High 9C (48F).

Sea: North Sea: Moderate. Irish Sea: Rough. Channel: Rough.

UK OUTLOOK TOMORROW: Expect cloud cover and occasional rain, with brisk winds. Some sunny spells possible later. Cool temperatures throughout the day.

SIX-DAY FORECAST

Temperatures in Centigrade

	SAT		SUN		MON		TUE		WED		THU	
	min	max	min	max	min	max	min	max	min	max	min	max
London	5	9	3	9	4	7	3	8	3	8	4	7
Belfast	5	7	4	6	3	6	3	5	4	6	3	6
Birmingham	4	8	3	7	3	6	2	6	2	6	3	6
Cardiff	5	9	3	8	4	7	3	7	3	7	4	7
Glasgow	4	8	1	7	2	6	2	5	2	6	1	6
Manchester	5	9	3	7	3	6	3	6	3	6	3	6
Newcastle	4	7	3	6	2	5	2	5	2	6	2	5
Norwich	4	8	2	7	3	6	2	6	3	6	4	6
Plymouth	6	10	5	9	6	9	5	8	6	9	6	9

Britain yesterday

24 hours to 5pm	SUN (hrs)	RAIN (ins)	TEMP (min)	TEMP (max)
Aberdeen	0.0	0.24	6	6
Aberporth	0.3	0.11	8	9
Alnwick	0.0	0.20	6	7
Belfast	0.0	0.20	9	9
Birmingham	0.0	0.09	8	8
B'mouth	0.1	0.13	9	10
Bristol	0.0	0.37	9	10
Cardiff	0.1	0.27	8	9
Durham	0.0	0.27	6	6
Edinburgh	0.0	0.14	7	8
Glasgow	0.0	0.16	7	8
Hull	0.0	0.19	6	7
Ipswich	0.0	0.25	6	7
Leeds	0.0	0.52	6	6
Lincoln	0.0	0.24	6	6
London	0.1	0.24	8	10
Manchester	0.0	0.07	8	9
Oxford	0.0	0.13	8	9
S'hampton	0.0	0.22	9	9
St Andrews	0.0	0.22	6	7

Moon, sun and tides

MOON rises: 9.36am, sets: 10.22pm
SUN rises London: 7.51am, sets: 4.34pm
Manchester rises: 8.07am, sets: 4.34pm

First Quarter 26 January

HIGH TIDE

London B'ge	(4.26am), (4.48pm)
Liverpool	(1.37am), (1.52pm)
Greenock	(3.03am), (3.14pm)
Dover	(1.24am), (1.40pm)

Britain Extremes: (24 hours to 11pm Wed)

Warmest: Gogerddan, 13c (55f).
Coldest: Derrylin, Cornahoule, 0c (33f).
Wettest: Charlwood, 1.19ins.
Sunniest: Tiree, 3.8hrs.

Lighting-up times

Belfast	4.44pm-8.25am
Birmingham	4.37pm-8.00am
Bristol	4.44pm-7.59am
Glasgow	4.31pm-8.25am
London	4.34pm-7.50am
Manchester	4.34pm-8.06am
Newcastle	4.25pm-8.10am

Europe forecast

Today			Tomorrow		
Amsterdam	Cloudy	7C/45F	Amsterdam	Cloudy	4C/39F
Brussels	Cloudy	10C/50F	Brussels	Fair	9C/48F
Dublin	Showers	8C/46F	Dublin	Rain	8C/46F
Frankfurt	Fair	4C/39F	Frankfurt	Cloudy	3C/37F
Geneva	Rain	5C/41F	Geneva	Cloudy	6C/43F
Lisbon	Thunder	12C/54F	Lisbon	Showers	12C/54F
Madrid	Rain	8C/46F	Madrid	Cloudy	8C/46F
Paris	Rain	10C/50F	Paris	Fair	10C/50F
Rome	Showers	14C/57F	Rome	Showers	15C/59F

Around the world yesterday

		C	F			C	F			C	F
Amsterdam	Sunny	3	37	Hong Kong	Fair	14	57	New York	Cloudy	-3	27
Athens	Cloudy	13	55	Istanbul	Rain	10	50	Nice	Shwrs	11	52
Barcelona	Rain	11	52	Jersey	Shwrs	9	48	Nicosia	Rain	10	50
Berlin	Sunny	-1	30	Larnaca	Rain	14	57	Perth	Sunny	30	86
Budapest	Cloudy	0	32	Las Palmas	Fair	21	70	Prague	Cloudy	-6	21
Cairo	Cloudy	22	72	Los Angeles	Cloudy	16	61	Singapore	Fair	30	86
Cape Town	Fair	24	75	Luxor	Sunny	25	77	Stockholm	Snow	-2	28
Casablanca	Cloudy	17	63	Malaga	Fair	16	61	Sydney	-	21	70
Corfu	Shwrs	15	59	Mallorca	Shwrs	15	59	Tel Aviv	Cloudy	21	70
Dublin	Shwrs	7	45	Malta	Shwrs	15	59	Tenerife	Sunny	21	70
Dubrovnik	Rain	11	52	Melbourne	Fair	20	68	Toronto	Snow	-5	23
Faro	Cloudy	16	61	Miami	Cloudy	22	72	Tunis	Sunny	15	59
Florence	Sunny	9	48	Moscow	Snow	-8	18	Venice	Cloudy	5	41
Gibraltar	Fair	15	59	Nairobi	Fair	25	77	Vienna	Cloudy	-5	23
Guernsey	Shwrs	9	48	New Delhi	Sunny	22	72	Warsaw	Sunny	-6	21

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Begum faces move to Iraqi torture prison

BY **RICHARD ASHMORE**

SHAMIMA Begum could face torture and even execution in a new prison in Iraq, campaigners have said.

The jihadi bride, from East London, has been held in the al-Roj detention camp in north-east Syria since 2019 but it is thought she will be among thousands of ISIS prisoners the US is transferring across the border.

Campaign group Reprieve's CEO Maya Foa said the move is an "extremely worrying development" which should "ring alarm bells at the UK Foreign Office".

She said: "Summary trials and executions of prisoners in Iraq have been extensively documented. Anyone transferred to Iraqi detention facilities faces a very real risk of being tortured into making a forced confession and executed."

It is thought that around 60 British or ex-British people connected to the ISIS death cult could be held in facilities in Syria previously guarded by the Kurdish-led Syrian Defence Force. In the past 72 hours the Syrian army from the new Damascus-based government has taken over huge swathes of territory the SDF had controlled since they helped defeat ISIS in 2019.

The SDF announced on Monday they had abandoned the biggest ISIS camp in the world, al-Hol, leaving an estimated 30,000 former jihadis unguarded. Syrian army units were yesterday understood to have secured the camp which is just 90 miles from where Begum, 26, is held.

Jihadi bride Shamima Begum, from East London

Ms Foa added: "If British nationals are being rendered to Iraq with the knowledge or acquiescence of the UK, this risks complicity in grave human rights violations."

Terror bride Begum was stripped of her British citizenship in 2019 and European judges are currently scrutinising the move.

The Foreign Office was contacted for comment.

Inheritance tax grab hits £6.6bn high

BY **STEPH SPYRO**

BRITAIN'S "most hated tax" brought in £6.6billion in the first nine months of the 2025-26 tax year, figures showed yesterday.

The inheritance tax take is £200m higher than the same period last year and continues a two-decade upward trend.

Nicholas Hyett, investment manager at Wealth Club, said: "The government has made a pig's ear of inheritance tax reform.

"Crackdowns on farmers and business owners have been unpopular, damaging and ultimately unworkable.

Massive

"The result was a 23rd December U-turn on the amount of inheritance tax relief that can be claimed through Agriculture Property Relief and Business Property Relief.

"That early Christmas present was a relief for farmers and small business owners but the government is still making a massive inheritance tax grab.

"The government's share of inheritances will continue to increase for the rest of this decade and beyond."

CORRECTIONS AND COMPLAINTS

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OPINION **12** TV **39** LETTERS **44** STARS **46** CITY **47** SPORT **51** **PLUS** PUZZLES PULLOUT

Liam Ramos being detained by ICE outside family's home

Fury as boy, 5, 'used as bait' by ICE agents

BY **CONOR WILSON**

A FIVE-year-old boy was detained by US immigration agents before being used as bait to capture family members, it has been claimed.

Liam Ramos was arrested by ICE officers as he returned home from school wearing his Spider-Man backpack before being sent to a detention centre 1,000 miles away.

Zena Stenvik, the head of the Columbia Heights Public School District in Minneapolis, accused the agents of forcing the boy to knock on his front door in order to lure anyone inside to open up.

He and his father, named as Adrian Alexander Conejo Arias in reports, were then packed off to the centre in San Antonio, Texas.

Ms Stenvik said: "Why detain a five-year-old? You cannot tell me that this child is going to be classified as a violent criminal."

She had driven to the scene after hearing the news of the arrest and claimed that pleas by another adult inside the home to care for the boy were dismissed by the agents.

Ms Stenvik added: "Instead, the agent took the child out of the still-running car, led him to the door and directed him to knock on the door, asking to be let in, in order to see if anyone else was home, essentially using a five-year-old as bait."

Female protester is pepper-sprayed by ICE in Minneapolis

Liam's teacher Ella Sullivan described Liam as friendly and "a bright young student".

In a statement, she added: "He comes into class every day, and he just brightens the room."

The family are understood to be in the process of applying for asylum with no order of deportation, their lawyer Marc Prokosch said.

He added: "The family did everything they were supposed to in accordance with how the rules have been set out.

"They did not come here illegally. They are not criminals."

Tricia McLaughlin, of the Department of Homeland Security, said Tuesday's "targeted operation" was conducted to arrest Liam's "illegal alien" dad. She added: "ICE did not target a child."

Meanwhile, ICE agents used pepper spray on protesters in Minneapolis as tension remains high after the shooting of fellow activist Renee Good on January 7.

Blair on board for peace despite Starmer veto

BY **JONATHAN WALKER** Whitehall Editor

SIR Tony Blair attended the launch of Donald Trump's Board of Peace yesterday, despite Sir Keir Starmer's decision to boycott the new body.

The former Labour PM was at the Davos World Economic Forum to hear President Trump say that the Board "has the chance to be one of the most consequential bodies ever created".

The President added: "Thank you, Tony, for being here."

Sir Tony has agreed to sit on the executive board of the group. It was originally created to govern Gaza following the ceasefire between Israel and Hamas, but now has a wide-ranging role promoting peace across the globe.

Around 35 countries have joined the project. But the UK has declined to take part, amid concerns about potential Russian involvement.

Foreign Secretary Yvette Cooper said: "We won't be one of the signatories today. We also have concerns about President [Vladimir] Putin being part of something which is talking about peace, when we have still not seen any signs from Putin that there will be a commitment to peace in Ukraine.

Trump holds up charter

And, to be honest, that is also what we should be talking about."

She confirmed that the UK had been invited to become a member. The Russian leader said Moscow is still consulting with its "strategic partners" before deciding whether to commit to the plan.

Trump later held up a signed founding charter for the Board.

Sir Tony said he was looking forward to working with the Board "in line with the President's vision to promote peace and prosperity".

Meanwhile, Ukrainian President Volodymyr Zelensky said: "Europe looks lost. Last year, here in Davos, I ended my speech with the words, 'Europe needs to know how to defend itself'. A year has passed. And nothing has changed."

Tony Blair at the Board of Peace launch

COMMENT

JOHN HEMMINGS

Director of Henry Jackson Society's National Security Centre

AS ever, if we skip over President Trump's escalatory language, maximalist demands, and willingness to use punitive tariffs in negotiations, we see that his intent can at times contain a grain of geopolitical common sense.

The Greenland deal – at least the framework of the deal that is emerging – involves a refresh of the 1951 agreement between the US and Denmark, allowing for a possible expansion of the US military footprint in Greenland, and a possible Nato alliance component.

According to one account, the deal on Greenland might be modelled after the British military basing situation in Cyprus.

There, the territory upon which the bases rest is considered UK territory, with civilian administrators responsible for law, justice and immigration, within their boundaries. The deal would be indefinite or perhaps given a 99-year component, and will be designed to safeguard security in the Arctic, which has rapidly been militarised by Russia.

According to economic analyst Josh Wolfe, the deal would involve US accessing – and denying China that access – to two geological formations, Kvanefjeld and Tanbreez, which contain the rare earth minerals critical to the future of warfighting. It's less about a land deal and more a bid to break a Chinese chokehold. Trump's Board of Peace, originally intended to oversee a post-war plan for Gaza, has a very broad remit.

Notably, the UK and other European allies have stayed away for now due to the inclusion of Putin's Russia. Those countries most interested in maintaining peace in Gaza – Qatar, Saudi Arabia, Jordan, UAE and Turkey – have signed up.

At times, Trump's plan for the Board of Peace seems to be about replacing the United Nations, an organisation he is known to despise, but he has also talked about working in conjunction with the international government organisation.

While it is too early to predict the grouping's efficacy, it's further evidence that Trump is intent on remoulding the international order in ways that could not have been foreseen only a few years ago.

Danger criminals prepare for early release from jail

KILLERS, rapists, paedophiles and burglars will begin to be freed early from prison this autumn after sentencing reforms became law.

The legislation received Royal Assent yesterday in what was branded a betrayal of victims.

Some 43,000 criminals will avoid jail altogether while many convicts will be out after serving just a third of their term inside.

Those handed four years or more must serve 50% in prison.

The rules will apply retrospectively so those already locked up will benefit.

BY **MICHAEL KNOWLES**
Home Affairs Editor

The Conservatives estimated 6,500 serious offenders could be freed early. The Ministry of Justice say the move is necessary to prevent jails from overflowing.

Inmates will be tagged then released in tranches to ensure police and probation officers are prepared for an influx of potentially dangerous criminals into communities. It will take two years to get through all those already behind bars.

Criminals jailed from this autumn will automatically be on the "progression model".

Shadow justice minister Kieran Mullan said: "This Bill is a betrayal of the victims it claims to help. Victims never agreed."

Sentencing minister Jake Richards said: "These reforms will make sure prisons never run out of space again and dangerous offenders are kept off our streets."

UK Government

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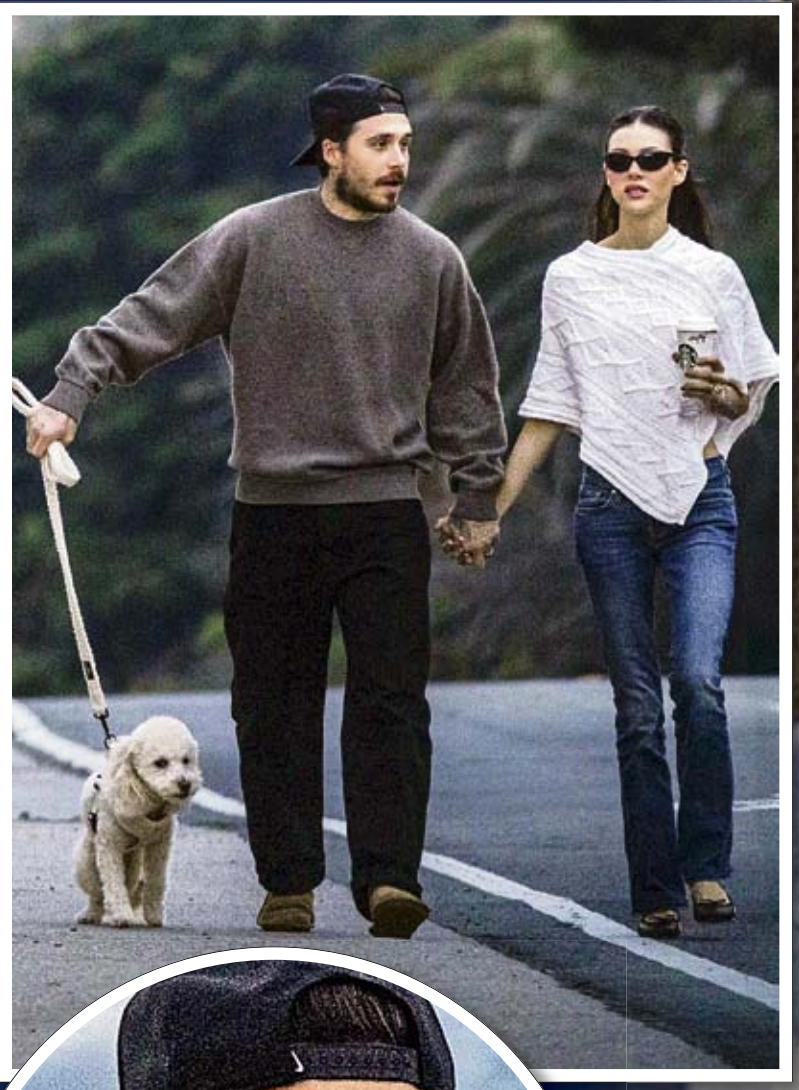
BECK

Brooklyn and Nicola walk their dog as pals say he has no regrets after cutting ties with family...he just wants to live his life with the woman he loves



Brooklyn and Nicola put on a united front as they walked their dog

TO NORMAL

EXCLUSIVE

BY **TOM BRYANT**

DEFIANT Brooklyn Beckham and Nicola Peltz are seen for the first time since his blistering attack on his parents as pals said: "He has no regrets at all."

The 26-year-old and his wife, 31, enjoyed a carefree walk with their dog in Malibu, California, where they have been holed up since his explosive statement.

A friend said yesterday: "He would do it all again in a heartbeat but now he just wants to live his life with the woman he loves."

The couple were seen taking a stroll just after sunset. Hand in hand or with their arms around one another, they spent nearly 30 minutes walking down the shoreline, laughing and smiling.

It comes as we can reveal how Brooklyn pushed the "nuclear button" after being haunted by the number of times Nicola was left in tears during the feud with his famous family.

A source claimed that the sight of his wife upset on multiple occasions spurred him into releasing his statement on Monday.

In it, he alleged dad Sir David, 50, and mum Victoria, 51, had controlled him his entire life, and even ruined his wedding.

Devastated

One "memorable example" was said to be when Victoria pulled out of designing Nicola's wedding dress. The insider claimed she ignored texts from Nicola's stylist Leslie Fremar for an update saying she was too busy.

Posh eventually called Nicola's mum Claudia and said she couldn't make the dress, before then allegedly texting Nicola to break the news.

A source said: "Nicola was devastated…and Brooklyn is still smarting about the way it was handled as his explosive statement made clear. There have been other occasions too where his wife has been left tearful over the way she has been falsely portrayed."

This has included being accused of controlling Brooklyn which he furiously denies. It is also claimed that in the meantime Victoria offered to make couture dresses for Claudia and the bridesmaids, before changing her mind and offering something off the rack.

By that point, it is claimed Nicola's stylist was looking elsewhere.

But this version of events is at odds with the Beckhams, whose friends say she did not ignore the messages, and did not break the news by text to Nicola.

They maintain that Victoria realised quickly that her atelier couldn't handle the project and relayed this straight away to Claudia and Nicola. In the end, Nicola wore a Valentino couture creation to marry Brooklyn.

Brooklyn and Nicola renewed vows in 2025

Brooklyn had claimed that Victoria pulled out of making the dress at the "eleventh hour". We can reveal that these conversations happened in summer 2021 – eight months before the wedding.

A Vogue article also says how Nicola and her mother made multiple trips to the Valentino atelier in Rome for the fittings, "over the year-long design process".

A source said: "Maybe eight months before a wedding is the eleventh hour in celebrity land... or maybe Brooklyn has got his dates muddled up."

It comes as it emerged yesterday how a guest at Brooklyn's wedding dismissed his allegations of dirty dancing against mum Victoria, saying: "She was a bit wooden, but not sleazy."

Brooklyn caused a sensation after accusing her of hijacking his first dance at their April 2022 nuptials.

He said: "She danced very inappropriately on me in front of everyone. I've never felt more uncomfortable or humiliated in my life."

But the partygoer told us: "It was inappropriate but only in the sense she appeared to be the centre of attention when it should have been about the bride. There was no grinding. But it was a bit of a stiff, awkward performance."

Brooklyn said it was one of the reasons he and Nicola renewed their vows three years later – without any of his family present. He said: "We wanted to... create new memories of our wedding day that bring us joy and happiness, not anxiety and embarrassment.'

Designer Victoria at work

Resignation paves way for Burnham to return as MP

LABOUR leadership hopeful Andy Burnham may get a crack at challenging Sir Keir Starmer after a potential way back to the Commons was cleared by an MP stepping down.

Former Labour health minister Andrew Gwynne yesterday announced he is standing down for medical reasons. He lost the party whip in July after he was accused of posting offensive WhatsApp messages.

Greater Manchester Mayor Mr Burnham could stand in the resulting by-election in Mr Gwynne's constituency of Gorton and Denton, Greater Manchester.

It sparked an immediate row, with Mr Burnham's supporters reacting furiously to suggestions that he could be prevented from standing.

Labour rules allow the party's executive committee, chaired by Home Secretary Shabana Mahmood, to prevent sitting mayors from taking a tilt at Parliament.

Steve Wright, general secretary of the Labour-affiliated Fire Brigades Union, said: "It would be a democratic outrage if Andy Burnham was blocked from seeking selection as Labour's by-election candidate in this seat."

BY **JONATHAN WALKER**
Whitehall Editor

Mr Burnham claimed last year that many Labour MPs had urged him to run for leader.

He would need to return to the Commons before any leadership bid. He was previously Labour MP for Leigh, Greater Manchester, from 2001-17 and served as Chief Secretary to the Treasury, and Culture then Health Secretary. He also held various Shadow Cabinet posts in Opposition.

Impact

Yesterday he said: "I've had no contact on this issue with Andrew or anyone close to him. I know him of old but I'm as in the dark about this as anyone."

Health Secretary Wes Streeting seemed to suggest Mr Burnham could stand in the by-election, telling the BBC: "We need to make sure we've got a strong candidate. I'll just say about Andy – having just seen him earlier this week – whether it's in government nationally, or whether it's leading the city and the region locally, he makes a massive impact."

Last night the PM said Mr Burnham is doing an excellent job in his current role. He also pleaded with Labour members to stop speculating about his own future as leader.

Sir Keir said: "My message is to my entire party, and that is that every minute we waste talking about anything other than the cost of living and stability in Europe and across the globe is a wasted minute."

Mr Gwynne was investigated by Parliament's Standards Commissioner after the row over a WhatsApp group. He allegedly made antisemitic comments, joked about a pensioner dying after she asked about bin collections and suggested a vicar be burned on a bonfire. Mr Gwynne apologised. He won his seat with 50.8% of the 2024 vote. Reform, second with 14.1%, said it would "throw everything" at the new poll.

Andy Burnham, above, said he was 'in dark' about Mr Gwynne, left, standing down

Call to back social media ban for kids

BY **JONATHAN WALKER**

A BAN on social media for children under 16 moved a step closer last night, as Labour and Lib Dem MPs were urged to join forces with Tories and change the law.

The House of Lords amended the Children's Wellbeing and Schools Bill to include a ban, after it was backed by peers of all three parties.

It will now be debated in the Commons.

Shadow Education Secretary Laura Trott said: "If Labour are serious about protecting children, they can prove it by voting for this."

It is also backed by Labour peer Luciana Berger and ex-kids TV host Floella Benjamin, a Lib Dem peer, who said: "Each minute we wait, more damage is done to children's well-being."

Tories say social media is causing a mental health emergency, and the government has launched a consultation.

A ban came into force in Australia last month.

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Hurley in tears as she tells court her phone was bugged

BY **CHARLIE BRADLEY**

ELIZABETH Hurley broke down in tears and said she was "devastated" by allegations that her phone had been tapped, the trial against the publisher of the Daily Mail was told.

The actress, 60, said the newspaper had been "landline tapping my phones" and "placing surreptitious mics on my home windows", the court heard.

Ms Hurley is one of seven people, including the Duke of Sussex and Sir Elton John, suing the publisher over allegations of unlawful information gathering.

Associated Newspapers Limited strongly denies wrongdoing and is defending the claims.

Yesterday, Ms Hurley, accompanied by her son Damian, attended the Royal Courts of Justice in London to give evidence.

The alleged unlawful information gathering in her case relates to 15 articles between 2002 and 2011.

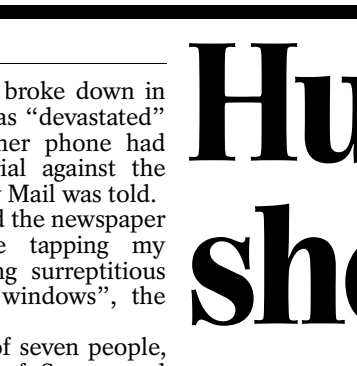
She said in her written evidence: "The Mail's unlawful acts against me involve landline tapping my phones and recording my live telephone conversations, placing surreptitious mics on my home windows, stealing my medical information when I was pregnant with Damian and other monstrous, staggering things.

Crushed

"Above all, it was the discovery that the Mail had tapped the landlines of my home phones and tape recorded my live telephone conversations that devastated me.

"I had not come across this brutal invasion of privacy in either of my two battles with the other newspapers. I felt crushed. It represented the ultimate violation of privacy.

"There's a vast difference, both indefensible, between someone intercepting a voicemail and someone listening in on every single phone call in your home and concealing a tape recorder and attaching it to your home BT wire to record your live telephone conversations.



"I was seething when I discovered the Mail did this to me."

Ms Hurley became visibly upset in the witness box, crying on several occasions as she was taken through a number of news articles.

She added: "They [the articles] were in essence true. I believe that is because people were listening to me speak. There were so many deeply hurtful and damaging articles about me in the media.

"It became just a business of unpleasantness."

The actress explained she had hoped her son Damian would never have to see some of the articles written about her, and his birth.

She said: "I felt really mortified that my son would be able to read all this stuff one day, and I feel really bad that day is today, when all this stuff is being regurgitated again.

"Yet again, everyone's privacy is being invaded in this terrible way, and I feel very helpless about that."

In written submissions for the trial, Antony White KC, for ANL, said the allegations of unlawful information gathering by Associated's journalists "including phone hacking and phone tapping" are "unsupported by the evidence before the court". Mr White said that the claims against the publisher were "threadbare" and had been brought too late.

Prince Harry returned to the court yesterday morning, a day after giving his evidence, before leaving the building shortly before 12.45pm.

The trial before Mr Justice Nicklin is due to conclude in March with a decision expected in writing at a later date.

Picture: AARON CHOWN/ PA

Elizabeth Hurley and, right, Harry at court yesterday. Inset, Liz in sketch

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Wills slams 'abysmal' microplastics

William takes a ride at robotic lab in Bristol

THE Prince of Wales branded microplastic pollution "abysmal" yesterday on a visit to a company producing technology to prevent microfibres from entering waterways.

Visiting the Bristol headquarters of 2025 Earthshot finalist Matter to learn about its filtration technology, William told of his horror at the amount of microplastics and fibres entering water supplies and oceans.

He described Matter's technology as "completely game changing", as Kensington Palace revealed he has installed one of its products in his new Forest Lodge home in Windsor.

They have also been fitted at Kensington Palace and the Wales family's Norfolk home, Anmer Hall.

BY **EMILY FERGUSON** Royal Editor

William was shown the firm's Regen machine that can capture half a kilo of cotton or polyester from a three-ton tank of water, saving it from leaking into the environment.

He was shown a container filled with recycled microplastics collected from the machine in 30 minutes and said: "That is absolutely abysmal. It's atrocious. How has this been allowed to happen? They must have known how much stuff they are washing away."

Engineers explained the difficulties facing the industry, especially in more unregulated parts of the world, where greater environmental procedures incur further costs.

Matter CEO Adam Root, was shortlisted in the Revive Our Oceans category of William's environmental prize, having developed the filter at his mother-in-law's dining table. His firm now employs about 45 people.

The prince then went to see Bristol University's Isambard-AI, the UK's "most powerful supercomputer".

His final visit in the city renowned for its innovation was to key research facility Bristol Robotics Laboratory, where he tried out a lightweight mobility scooter.

Shake-up as police forces set to merge

BY **MICHAEL KNOWLES**

THE 43 police forces in England and Wales will be reduced significantly to cut back-office jobs and boost crimefighting.

Home Secretary Shabana Mahmood will outline plans to pool resources. She will establish local policing areas to focus on crimes such as shoplifting and drug dealing within larger forces, which will tackle serious crime.

The Home Office will say: "The savings made by fewer administrators and managers, shared back-office functions and procurement will be ploughed into frontline officers, neighbourhood police, 999 response and criminal investigations."

The changes – to be unveiled on Monday – would happen by 2034.

A government source said another aim is to end the postcode lottery where forces report wildly differing results at solving crimes. They added: "Where you live will no longer determine the outcomes you get."

Tory MP Chris Philp said: "Big is not necessarily better."

Huge rise in officers on crime raps

BY **ANAHITA HOSSEIN-POUR** and **IAN JONES**

THE number of criminal charges brought against police officers in England and Wales has risen by 42% in the past year.

Police were facing 323 court charges in the year to March 2025, up from 227 in 2023-24 and 160 in 2022-23.

Yesterday's Home Office figures related to 189 officers – 0.1% of police as of March 2024.

Sexual offences (85) topped the list, covering 26% of cases, followed by 78 "other" and 54 traffic offences.

Of all criminal charges where an outcome was known, 113 officers (67%) were guilty and 36 (21%) were cleared.

There was also a 29% rise in officers referred to misconduct proceedings – up to 1,687 from 1,312 in the previous year.

Some 81% of cases, involving 1,369 officers, had a misconduct or gross misconduct finding.

Some forces reported the inquiry into Sarah Everard's murder by Met officer Wayne Couzens influenced a rise in more people making claims.

DAILY EXPRESS

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Cancer sufferers' hidden torment must be priority

DAILY EXPRESS journalist Robert Fisk has displayed courage and eloquence in his plea to Health Secretary Wes Streeting to take seriously the mental health of cancer sufferers who endure "emotional agony".

Britons across the country are living with cancer and getting through each day requires bravery and resolve.

It is vital that their needs are at the heart of the government's imminent cancer plan.

As Robert learned after he was diagnosed with incurable bowel cancer in 2023, the "mental health aspects of cancer are rarely talked about, let alone treated".

Yes, people are supposed to have a "holistic needs assessment" once they receive a diagnosis, but all too often this does not happen.

The bosses of many of Britain's biggest cancer charities have joined forces with Robert to press Mr Streeting to take urgent action.

Routinely, patients should be asked about their mental health so they can get the help they need.

A health service worth its name will not abandon people who may be wracked with fear and in the grip of unprecedented stress.

We hope that the highly ambitious Health Secretary – who has first-hand experience of cancer – will heed this call and deliver on the key demands of our Cancer Care campaign.

We thank Robert for his candour and his work to rescue people from despair and isolation.

Mr Streeting has received his letter and we await the reply.

It is time for him to demonstrate what leadership looks like. At minimal cost, he has the opportunity to make changes with the potential to both transform and save precious lives.

Family jewels of the NHS

WALK into any hospital and you will find heroic men and women at all levels of the health service who display the very finest values of the NHS.

Special praise should go to the Bashir family – 10 of whose members work for the NHS in Bradford.

It is inspirational that so many people have risen to the challenge of working in an organisation that demands excellence and compassion every day.

Other relatives of the Bashirs want to pursue careers in medicine. These are family values our nation needs.

Keep up the brilliant work.

Faithful to the bitter end

MILLIONS of Britons will crash onto the sofa and watch The Traitors final tonight as another gripping series climaxes.

Claudia Winkleman and the BBC have played a blinder in orchestrating this latest contest between traitors and faithfuls.

We hope the show is not banished but continues to entertain the nation with its enthralling exploration of humanity's capacity for gleeful scheming.

We also hope the electricity grid can cope as kettles are boiled tonight when the nation settles down to watch the finale unfold.

Nurses abandoned by unions hooked on trans ideology

Brave nurses Sandie Peggie, Bethany Hutchison, Jennifer Melle and Lisa Lockey

Josephine Bartosch
Guest columnist

REMEMBER when unions defended staff who were racially abused? When they fought for the dignity of working women?

Today, Unison and the Royal College of Nursing have abandoned those principles. Instead, they stand shoulder-to-shoulder with men who expect women to strip alongside them, and by the employers who open the changing-room door.

Nothing exposes that betrayal more starkly than the case of Jennifer Melle. Two years ago, the senior nurse was repeatedly called the N-word by a convicted child abuser transferred from a high-security men's prison for treatment.

After overhearing Ms Melle refer to him as "he" and "Mr", the patient lunged towards her and swore. It's the sort of terrifying confrontation most of us will never have to deal with in our professional lives, yet she kept calm and did her job.

Shaken but resolute, Ms Melle explained that while she would use the patient's chosen name, she could not use female pronouns because of her Christian faith.

Her employer's response was not support, but punishment – a written warning and a referral to the Nursing and Midwifery Council. When she complained about her treatment in public, the trust suspended her.

THIS week, Ms Melle's employer finally confirmed that no further action would be taken. But there has been no justice, no apology and no reckoning.

As Conservative leader Kemi Badenoch observed, the nurse of 12 years had been "dragged through the mire".

Ultimately, it was Christian Concern and Right-leaning politicians, not the labour movement, who stepped in to defend her. And Ms Melle's case is not an isolated one. After the disciplinary process against her collapsed, she was joined by Darlington nurses Bethany Hutchison and Lisa Lockey, and by NHS Fife nurse Sandie Peggie. Each of these women knows what it feels like to be abandoned by bosses and unions, institutions that opted for trans appeasement over protecting women.

In Darlington, an employment tribunal ruled last week that forcing female nurses to share changing facilities with a male colleague who identifies as a woman violated their dignity and created a "hostile, intimidating, humiliating and degrading environment".

Ms Lockey, one of the claimants, paid her Unison subs for 35 years before cancelling them after discovering the union backed the male colleague rather than the women who complained. She is unlikely to get an apology. Unison's new general secretary, Andrea Egan, described herself as a "proud trans ally", while her predecessor, Steve North, publicly accused the Darlington nurses of "anti-trans bigotry".

Meanwhile, in Scotland, Ms Peggie was also disciplined by her local NHS health board after objecting to a male doctor who identifies as transgender using the female nurses' changing room.

An employment tribunal later upheld her harassment claim.

Like Ms Melle and the Darlington nurses, Ms Peggie discovered that asserting rights supposedly protected by law left her with a target on her back. She is pursuing further legal action, not only against her employer, but the RCN, which she says failed to represent her interests.

And this is the crux of it.

There's no legal right for men to enter women's changing rooms, even if they believe themselves to be trans. Nor is "misgendering" illegal. The Supreme Court confirmed this first point nine months ago. To help employers apply the law, the Equality and Human Rights Commission sent revised guidance to Minister for Women and Equalities, Bridget Phillipson.

'Condemning a racist paedophile who abused nurse should be a no-brainer'

ITS guidance is stuck in the bowels of Whitehall. Ms Phillipson claims that is due to a desire to get the law right. Yet, notably, she was endorsed by Unison's Labour Link committee, the same union that repeatedly sided against nurses asserting sex-based rights.

Ultimately, condemning a racist paedophile who abused a nurse should be a no-brainer. So should recognising men have no right to watch women undress at work. Yet Unison, the RCN, NHS and Ms Phillipson have all failed to do so.

The mainstream Left has abandoned women who keep the NHS running. Institutions, and the politicians who oversee them, reveal themselves by who they choose to serve.

When the defence of working women is left to Conservatives and Christian campaigners, the labour movement has not merely lost its way. It has forfeited its purpose.

Leo McKinstry

Presidential playbook out the window

THE COLLECTIVE sigh of relief from the Swiss resort of Davos could almost be heard halfway across the Atlantic on Wednesday night, after President Trump backed down on assorted threats over a bid to annex Greenland.

But this is no way to conduct international business. Trump has badly weakened the USA's credibility as a guardian of democracy and undermined the integrity of Nato, the exact opposite of what an American president should be doing.

Marine Al on manoeuvres

AS THE manoeuvring over the potential succession to Sir Keir Starmer continues, there is now a new name in the frame, that of Defence Minister Al Carns, *above*. He might be unknown outside Westminster, but as a former Royal Marine, he is a far more impressive figure than any of the usual contenders like Andy Burnham and Angela Rayner.

TV genius puts woke UK degrees into focus

THE STRANGE contraption hardly looked like the harbinger of a technological revolution. Comprising a spinning disc made from a hatbox, a pair of bicycle lights, several darning needles, the head of a ventriloquist's dummy, some sealing wax and an old tea chest, it was the creation of eccentric Scottish inventor John Logie Baird, who carried out experiments in his cramped workshop above an office in Soho, central London. This was the unlikely venue in which, exactly a century ago, history was made.

At Baird's invitation, a select group of scientists and journalists gathered there on January 26, 1926, to witness the first demonstration of his new machine. With a look of intense, nervous concentration, Baird turned it on.

As the discs revolved and the lights blazed, he began to manipulate the head of the ventriloquist's dummy.

Then the moment of triumph arrived. To the fascination of the visitors, pictures of the moving dummy could be seen on a pair of electronic receivers. One impressed reporter wrote: "The image was faint and often blurred, but substantiated a claim that through the 'Televisor,' as Mr Baird calls his apparatus, it is possible to transmit and reproduce instantly the details of movement."

It would be wrong to describe Baird as the inventor of television, for a host of other pioneers were working on this technology in the 1920s, including the American Philo Farnsworth, who devised the first all-electronic TV system and the brilliant Russian Vladimir Zworykin, developer of the cathode-ray tube.

But, despite the limitations of his essentially mechanical device, Baird was the first man to transmit a live, moving image. His demonstration in that Soho flat a century ago was the culmination of a long struggle to create what he called "wireless with pictures". On the journey he endured poverty, ostracism and failure. But the eventual success of his "televisor" brought him security and professional respect, especially after he formed the Baird Television Company.

Other revolutionary developments followed, including the first transatlantic broadcast, the first live outside broadcast and the first TV recordings. He died in 1946, having lived to see how TV could transform the worlds of entertainment, news and education.

Baird was in the great British tradition of innovation and scientific inquiry. Ours is the land that pioneered the Industrial Revolution, the railways, the steam engine and the jet engine. British geniuses helped build the world wide web, discovered penicillin, patented the telephone and uncovered the secrets of DNA.

Today the British gift for innovation seems as strong as ever. The UK is a world leader in tech start-ups, while in 2024 our country was ranked fifth in the respected Global Innovation Index, with only Singapore, Sweden, the US and Switzerland above us.

British firms are breaking new ground in battery engineering, telecommunications, semiconductor tech and medicines. Similarly, the UK leads Europe in artificial intelligence, with more than 3,000 AI companies having based themselves here. But it is not all good news, for there are some worrying signs that our attachment to innovation may be under threat. Investment in research and development is on the decline, while our education system is hopelessly lopsided.

IT'S TRUE that we have some of the best universities in the world, but we spend far too much on useless degrees in humanities and social sciences – whose courses often amount to nothing more than sheep dips in woke orthodoxy – and too little on practical, technological skills. We need more real-world apprenticeships and fewer arts graduates with all their PC opinions and chronic anxieties.

The same disdain for effective training shines through the vast sums now lavished on welfare benefits and low-output public bureaucracy, when the cash would be better used to encourage more people into engineering, construction and science.

The heroic story of John Logie Baird should be an inspiration for this necessary change in culture.

Rump mistake that nearly got me fired

BACK for yet another season, The Apprentice is still going strong after 20 years. But I have a painfully embarrassing memory of its beginning.

The morning after the first episode aired, I was in hospital, waiting for some scans of my dodgy back, wearing just socks and one of those flimsy medical gowns that open at the rear.

Suddenly my phone rang. It was a newspaper asking if I could do a quick interview with Alan Sugar, as he then was.

Having agreed, I found what I thought was a quiet corner.

It turned out to be a trolley collection point, and every time one of its big plastic doors swung open, so did my gown – exposing my fat Irish rump to passers-by. "What's that awful whooshing sound?" asked Sugar. "It's lucky you can only hear this," I thought, "You're fired," would have been his response had he witnessed the distressing scene!

TWISTED NHS IDEOLOGY NOW PROMOTING DANGEROUS FIRST-COUSIN MARRIAGES

WARPED priorities lay at the heart of the disgraceful recent saga at the Darlington NHS trust, where managers allowed a female nurses' changing room to be used by a biological male, simply because he claimed to "identify" as a woman. Fortunately, a brave group of principled nurses challenged management.

Last week they won their case at an employment tribunal. One pro-trans group argued the issue is "excruciatingly difficult".

No, it isn't. All that is required is the application of moral decency and respect for genuine women rather than the worship of a twisted trans creed.

But twisted ideology has also led to bizarre new NHS guidelines that praise first-cousin marriages, despite the reality that 15% of the children from such relationships have birth defects. This shameful advice has been driven by political correctness, where the institutionalised eagerness to "celebrate diversity" results in a climate of denial about the harmful impact of some cultural practices imported from Asia and Africa.

According to a 2021 study, 55% of British Pakistanis are married to first cousins, which tragically explains why these families account for 30% of recessive gene disorders. But the new NHS guidance not only downplays the statistics, it even claims "marriage within the family can bring financial and social security".

As one doctor put it, it's like encouraging women to smoke and drink when pregnant.

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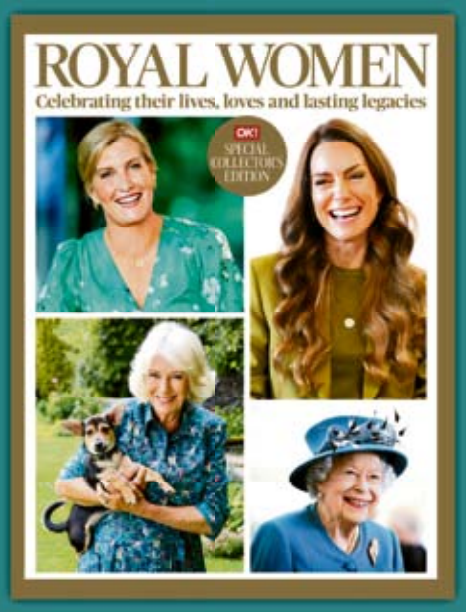

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William Hickey

Bringing the gossip since 1933

OFTEN hailed the most popular clergyman in Britain, the Reverend Richard Coles warns he's ready to sever ties with the Church of England, 21 years after being ordained an Anglican priest.

The bestselling author and broadcaster, *pictured*, gave up regular vicar duties in 2022, but has since continued to make occasional appearances in the pulpit.

Angered, however, by news that bishops will delay a decision regarding blessing ceremonies for same-sex couples until almost 2029, Coles, himself a gay man, fumes he "doesn't want to be part of a Church strong-armed" by "conservative evangelicals".

He adds: "And I think it hurts us all if we live in a society and worship in a Church which deforms and diminishes its members."

A soon-to-be "ex-celebrity vicar"?

STANDING down as a Great British Bake Off judge at the age of 85, Dame Prue Leith achieved her long-time ambition to appear in more series than predecessor Dame Mary Berry – starring in nine compared with Mary's seven.

I remember Prue once admitting: "I have this thing buzzing in my head that I have to beat Mary."

THIRTEEN years after becoming an Australian citizen, tiresome vulgarian Miriam Margolyes is selling up Down Under.

The Oxford-born actress has put her Southern Highlands retreat on the market for just over £2million. Having previously described herself as "not happy" residing in England, Miriam has recently proved critical of "brash" Aussies, adding she now prefers New Zealand.

COMEDIAN and author David Baddiel, whose England football anthem Three Lions topped the charts in the summer of 1996, identifies the moment he first heard Wembley fans belting out the song as the true highlight of his life.

Father-of-two David cheekily adds: "People say the best moment of your life is when your children are born. ** that!"**

REUNITING with Lord of the Rings co-stars, Gandalf actor Sir Ian McKellen, *left*, notes "many people" still mistakenly believe he played rival Harry Potter wizard Dumbledore.

It reminded me that late Dumbledore actor Sir Michael Gambon, *right*, delighted in adding to the confusion: when approached by young fans for autographs, the old rogue made a habit of signing "Ian McKellen".

AMID those latest high-profile Conservative defections, daft-as-a-brush Tory veteran Sir Michael Fabricant, who fell out with Kemi Badenoch last year, proudly insists he's turned down an approach from Reform UK's leader.

Lichfield's MP for 32 years before his defeat in 2024, Fabricant announces: "I often speak to Nigel Farage and he did say to me, why don't I join and fight for Lichfield at the next election and win for Reform."

Long teased about his comical blond thatch, Sir Michael however clarifies: "But I said no thanks... because I'm with the Conservative Party."

Kemi's doubtless jumping for joy!

By **Robert Meakin**

Picture: LUIS ALBERTO RODRIGUEZ/HARPER'S BAZAAR

Kaia's leather look, right, laidback in lace, and with Cindy, below

Kaia doffs cap to mum Cindy

BY **FRANCES MILLAR**

SECOND-generation supermodel Kaia Gerber says it was a blessing to have nude photos of her mum Cindy Crawford around when she was young.

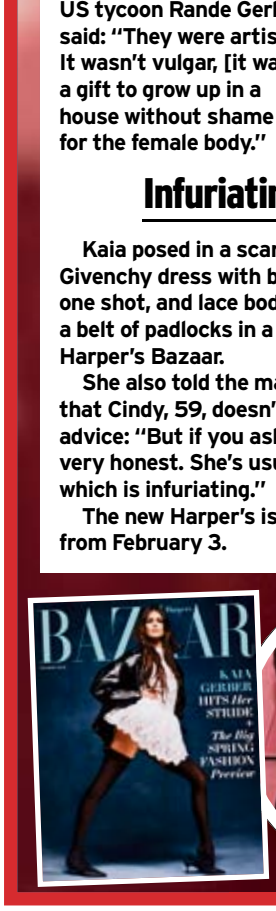
Kaia, 24, whose father is US tycoon Rande Gerber, said: "They were artistic. It wasn't vulgar, [it was] a gift to grow up in a house without shame for the female body."

Infuriating

Kaia posed in a scarlet Givenchy dress with biker cap in one shot, and lace bodysuit with a belt of padlocks in a second for Harper's Bazaar.

She also told the magazine that Cindy, 59, doesn't volunteer advice: "But if you ask, she'll be very honest. She's usually right, which is infuriating."

The new Harper's is on sale from February 3.



Sinners to winners?

Vampire movie tops Oscars nominations with record 16

BY **FRANCES MILLAR**

VAMPIRE horror film Sinners yesterday made Oscars history with a record 16 nominations for Hollywood's most coveted honours.

It beat the previous best of 14 – shared by All About Eve, Titanic and La La Land – to lead Leonardo DiCaprio's thriller One Battle After Another which has 13 nominations.

Sinners' contenders include British-Nigerian actress Wunmi Mosaku, who is up for best supporting actress, while London-born Delroy Lindo was the surprise inclusion on the best supporting actor short list.

Brit stars Wunmi Mosaku and, inset, Delroy Lindo

Snubbed

The film, directed by Ryan Coogler, is also in the running for best picture, best director and the inaugural casting award – with Michael B. Jordan up for best actor.

Fresh from her Golden Globe win, favourite Jessie Buckley has been nominated for best actress, but her Hamnet co-star Paul Mescal was left out.

Wicked: For Good stars Cynthia Erivo and Ariana Grande were also snubbed.

Irish actress Jessie is recognised for her portrayal of Agnes Hathaway in the adaptation of Maggie O'Farrell's bestselling novel about Shakespeare's family life. In the best actress race, she faces Rose Byrne (If I Had Legs I'd Kick You), Kate Hudson (Song Sung Blue), Emma Stone (Bugonia) and Renate Reinsve (Sentimental Value).

For best actor, Jordan is competing against Timothée Chalamet (Marty Supreme), DiCaprio (One Battle After Another), Ethan Hawke (Blue Moon) and Wagner Moura (The Secret Agent).

The Oscars is on March 15.

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Letby is arrested for a second time at her parents' house. She cuddles a cat, right; at the police station, far right

'I felt like I'd only done my best for those babies'

New Letby documentary

BY **MARK JEFFERIES** and **PHIL CARDY**

SERIAL baby killer Lucy Letby is seen in a police interview begging officers: "I felt like I'd only done my best for those babies," in a new documentary about her case.

Netflix's The Investigation Of Lucy Letby shows for the first time footage of her second arrest in June 2019.

The nurse looks bewildered sat up in bed at her parents' house in a grey dressing gown as a police officer explains her rights.

Letby is also seen cuddling what is thought to be one of her two cats, who were rehomed in November 2020 when she was charged with murdering and harming infants.

Nurse Letby

The 90-minute documentary also has footage of her in a pink nightie in bed when she is arrested for a third time before being charged.

Letby, 36, was convicted of killing seven newborn babies and trying to kill seven others, with two attempts on one victim, between June 2015 and June 2016. She received 15 whole-life sentences so will never be released.

On Tuesday, it was confirmed she will face no further charges over additional deaths and collapses of babies investigated by police.

Last year, police passed evidence to prosecutors for consideration, linked to eight potential attempted murder offences and one of murder at the Countess of Chester Hospital. Two allegations of attempted murder and murder were linked to a child at Liverpool Women's Hospital.

Letby continues to plead her innocence but has failed twice at appeal. Her defence team are attempting to use another route to get a judge to re-examine the case.

The killer nurse was first arrested in July 2018 at her home in Chester. Footage of her being led away by police in a blue hoodie was released after her conviction at Manchester crown court in August 2023.

The Netflix documentary shows her being searched and then quizzed by Cheshire Police. One officer asks her about writing on paper and post-it notes they found in her property where she talked about killing.

"You wrote a note saying you killed them on purpose," the officer says. She replies "no comment." At another point she looks tearful and says: "It was all just spiralling out of control."

Mark McDonald who took over as Letby's barrister in September 2024, tells the film: "There was no motive. None." Lady Justice Thirlwall's inquiry report into the case is due to be published this year.

● *The Investigation Of Lucy Letby, out on Netflix on February 4.*

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US show swaps celebs for civilians

THE American version of The Traitors is being opened up to the public for the first time, instead of having a celebrity line-up.

Like our version, The Traitors US is filmed at Scotland's Ardross Castle and they often feature the same challenges.

Claudia Winkleman hosts the BBC version and Scot Alan Cumming fronts its American cousin.

However, they have always differed over casting as the UK mainstay stars unknowns, while the NBC series uses celebs. Until now.

The US show posted on X: "The castle is calling...Apply now for @NBC's The Traitors. thetraitorsus.com."

They continued: "NOW CASTING The Traitors.

"A BRAND NEW season for NBC, this time you don't have to be a celebrity to play! We're looking for smart, clever & strategic everyday people to compete in the ultimate game of trust and treachery. Are you a FAITHFUL or are you a TRAITOR? APPLY NOW."

While NBC has not revealed the reason behind the change, it is not a surprise given how successful the UK civilian version – which also had a popular celebrity spin-off last year – continues to be.

Last week, it was revealed that The Traitors UK's fourth series hit a new high in overnight ratings, securing a peak of 8.1 million viewers during crime writer Harriet Tyce's dramatic banishment.

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Traitors Rachel in

BY **NICOLA METHVEN**

STEPHEN Libby has made it to tonight's final of The Traitors – but will his fellow turret-dweller Rachel Duffy be joining him?

Viewers watched in agony last night as the round table produced two ties – leaving host Claudia Winkleman having to fetch the dreaded Chests of Chance.

And only when the programme kicks off tonight will fans discover whether Stephen is a lone traitor in the end-game, or if the plan to make it through with Rachel has succeeded.

The mum-of-three from Northern Ireland went up against desperate Faithful James Baker to see who would stay in the game and who would be banished. Handing over the boxes, Claudia declared: "We will now leave this banishment in the hands of fate."

Whoever goes, their exit will be the final time that the group is told whether the player they've ousted is a Traitor or not.

Head of Communications Rachel or gardener James will then join Stephen in the final alongside personal trainer Jack Butler, auditor Faraaz Noor and PhD student Jade Scott.

Recruiter Roxy Wilson, 32, was banished last night. Jack, 29, is the only player not to have received a single vote at the round table during the series.

The audience was stunned during last night's show when cyber security consultant Stephen, 32, was

fear each other as line of fire...finally

handed the chance to do the dirty on Rachel and get her banished, leaving him with a clear run at the prize money.

But despite having sown lots of seeds of suspicion about her in the previous 24 hours, Stephen wrote James on his slate both times.

The pair have made an agreement that they will not, at any point, write each other's names down. But it didn't stop Stephen reminding some of the other players at breakfast that banished author Harriet Tyce had been gunning for Rachel before her dramatic exit. "Harriet left us a massive clue," he mused over a croissant. "Why did we dismiss it?"

In the rules, if all the Traitors are ousted, the remaining Faithful share the jackpot. But if there are any Traitors left in their midst, they take the lot. In the UK, the only Traitors to have won have been solo players – Harry Clark in 2024 and Alan Carr on the celebrity version last year. If Rachel, 42, beats James, 38, to stay in the game, she and Stephen could go on to share the prize, which last night stood at £76,750. But in order to do that, she would have to persuade everyone remaining in the game that she was truly a Faithful, which is looking increasingly unlikely.

At breakfast, Rachel quickly suggested to Faithful James that he

Shaky

could be "an evil genius" Traitor.

James replied: "I could be. But, unfortunately, I'm not."

Jack later summed up the difficulty in trying to work out James by saying: "He's either the world's best Traitor or the world's worst Faithful."

In last night's mission, the contestants had to run up a very steep hill in a bid to earn not only the £10,000 prize money but exemption from that night's murder. In the end, James tried so hard he actually vomited with the exertion, but they were successful.

Afterwards Rachel branded it "harder than childbirth".

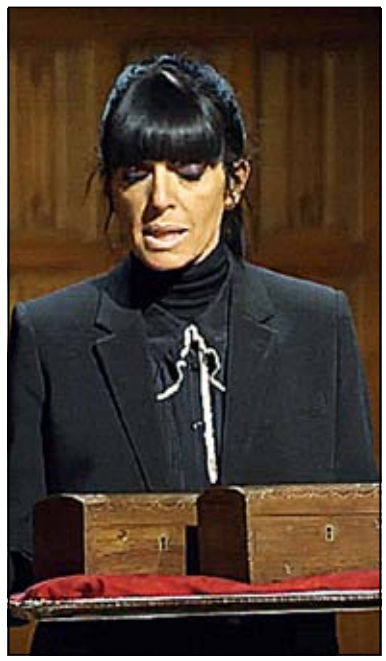
Prior to the round table, Stephen told viewers: "I really thought that Rachel and I would be in the end-game, splitting that money.

"My hopes of that happening are now lessening somewhat. I still need to be careful. I don't know if she's planning to turn on me. I'm shaky tonight."

Speaking just before the roundtable – where Stephen saved her – Rachel acknowledged her survival could depend on him. "Stephen knows he has every opportunity to throw me under the bus," she said. "I hope I can trust him."

● *The Traitors final airs on BBC1 tonight from 8.30pm.*

OPINION: PAGE 12



Claudia brings in the Chests of Chance

Combusting Traitor Stephen

Stephen very hot favourite for win

COMMENT

NICOLA METHVEN

WHEN Rachel watches these episodes, she will no doubt realise the turning point was when she warned Stephen he would soon be hearing she had been talking about him.

It was like he'd been hit by a bolt of lightning, jolting him into the realisation Rachel was indeed capable of making promises she didn't mean to keep. And boy, was he going to do something about that.

Twenty-four hours later and her entire TV future was contained in a little wooden box after Stephen carefully and methodically fanned the flames that had helpfully been set alight by Faraaz.

For a long time the 22-year-old seemed a bit of a numpty, but how brilliantly Faraaz came through at the

Formidable

crucial point. The youngest in the game had never written a crime novel, been a barrister or run a police force.

But just when it mattered the most, he did better than all those listen-to-me-I'm-terribly-important players. Faz, we salute you!

But back to Stephen, who is surely favourite to get his hands on that big jackpot now – with or without his sidekick Rachel. He looks close to sweating himself to victory.

Stephen and Rachel have made a formidable team. She is clever and cool while he mostly looks like he's about to combust. But somehow it worked brilliantly.

So along with most of the rest of the nation, I'm backing The Traitors for the win, solo or as a duo.

They've endured a Secret Traitor for the first time, a tricky church confessional and double dagger twists.

Nothing has unseated them. So...Traitors all the way!

Failed migrant to be deported for rape attack

Chret Callender was jailed for seven years but is likely to serve the term in Trinidad

BY **JAMES PODESTA**

A FAILED asylum seeker who was secretly recorded by the woman he raped in her home will be deported after being jailed for seven years.

Chret Callender, 28, was staying at a migrant hotel when he turned up drunk at the victim's home looking for some "loving".

When she said no he forced himself on her and "carried on regardless".

The young woman had the presence of mind to record much of the horrific incident on her phone to later use as evidence against Callender.

In harrowing audio clips played to a jury, she was heard crying and telling him: "I have said no, please stop."

Warped

Callender, from Trinidad, was heard saying "have some respect for me" and "to shut up".

Afterwards he apologised to the woman and said he had "f***ed up".

Sentencing yesterday, Judge Richard Fuller KC told him: "The recordings played to the jury were shocking.

"Despite her repeated pleas you forced yourself on her and kept her down with your body weight.

"Throughout you called her names and told her to shut up, which showed your warped sense of entitlement. You behaved in an animalistic and base way. The sentence, because of your immigration status, may result in deportation to serve any remaining term in your home country.

"But that's a matter for the Home Office, not for this court."

Callender is a failed asylum seeker whose application to remain in Britain was refused last April.

The rape happened on June 14, while he was staying at the Britannia Hotel in Bournemouth, Dorset, as his appeal was being processed.

Callender claimed the woman faked the attack but the jury at Bournemouth crown court found him guilty of rape and sexual assault.

The victim sobbed in court as she read her impact statement, saying: "I believed I was safe with him and he violated me in such a horrific way.

"My life changed completely that night. I now have panic attacks, constant paranoia and no longer feel safe in my home. It has changed me forever."

Callender is now set to be deported under the government's early removal scheme. This allows foreign national prisoners in the UK to be deported before their sentence is finished.

The court heard his appeal to stay was "in stasis" during the trial.

Football fan fell to his death hanging UK flag on lamppost

BY **CLAIRE HAYHURST**

A PAINTER and decorator sustained fatal head injuries when he fell from a ladder while tying a Union flag to a lamppost, an inquest heard.

Paul John Lumber, 61, had gone out near his home to erect flags on lampposts after attending a football match.

Neighbours heard a loud bang before discovering Mr Lumber on the ground, with his ladder nearby, on November 22 last year.

Mr Lumber was taken to hospital and had surgery but his condition deteriorated and he died on December 6.

Dr Simon Fox KC, assistant coroner for Avon, reached a conclusion of accidental death following a short hearing yesterday. He said: "Mr Lumber fell from a ladder while tying a Union Jack flag to a lamppost at night after consuming alcohol."

He lived in Bristol with his wife and had written two books about his beloved Bristol City.

Dr Richard Moon, from the neurosurgery department at Southmead Hospital, said Mr Lumber suffered a skull fracture in the fall.

Coroner's officer Andrew Eastwood told the inquest: "The family have no concerns regarding any of the care or treatment provided."

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Britain's best pub, bar none

Louise and George Greenaway toast win. Below, bar

Our reporter Richard enjoys a pint of bitter and a Scotch egg

FROM **RICHARD ASHMORE**
at the Tamworth Tap

THOSE familiar with porcine heritage will know Tamworth gives its name to a breed of pig, and I must admit to being as happy as such a creature is often said to be in the proverbial when given this assignment to visit Britain's record-breaking Pub of the Year.

A famous pair of porkers, dubbed the Tamworth Two, made headlines when they escaped from an abattoir in the 1990s and today Rachel Reeves appears hellbent on slaughtering the hospitality sector with taxes.

But despite an "unparalleled" burden of cost under the Chancellor, according to landlord George Greenaway, his Tamworth Tap inn has scooped an unprecedented third Campaign for Real Ale Pub of the Year title.

Barrels

It is the first venue to win a hat-trick of gongs since the award started in 1988. The pub was crowned in 2022, 2023 and now for 2025.

George, 58, and wife Louise, 50, have lovingly grown the business, which sprawls across three Tudor buildings, over eight years since it started as a micro-brewery with "two barrels and no bar".

It is thriving but, sadly, the national picture is not so rosy for the industry which has seen 1,060 pubs going under last year, according to CAMRA.

George said: "It's a huge honour to be awarded the prestigious CAMRA Pub of the Year title for the third time but we are under no illusion that we have huge cost burdens under this government.

"We have faced increased VAT, beer duty, national insurance and energy costs, and a cut to rate relief. The industry has been left scratching its head on finding a way to survive. It is almost disrespectful to the industry from the Treasury that they have been holding out on the U-turn on rate relief.

"I know there's a lot going on in the world but it just needs someone in the department to rubber stamp it.

"Some pubs have banned Labour MPs, that's something I would never consider, everyone is welcome, but I'd probably relish the opportunity to be able to talk to Rachel Reeves about taxes and rates."

Pubs are often places where people debate politics but they are also a sanctuary for many – young and old – to escape the pressures and worries of everyday life.

Walking into the Tamworth Tap feels like washing the stress of the day away almost immediately. It's warm, inviting, intriguing and fascinating all rolled into one – and it happens to serve excellent ale. The star attraction of any pub is the beer, which at the Tap is pumped to punters from an ancient cellar kept at a "perfect 12C".

Thirst-quenching delights include best bitters, IPAs, citrus pales and stouts, and George's strong IPA creation Whopper!, which was a finalist in the nation's best beer awards last year. A range of ciders and perries are also available for those who want something a bit fruitier, including Broadoak – a chilli-infused perry for the adventurous.

I sampled the £4.50 Bathams Best Bitter and can report it was a lovely pint and went down a treat with a perfectly squidgy £4.50 Scotch egg from the bar snack menu.

The pub also serves handmade pork pies (£3), sausage rolls (£4) and even "frickles" – deep-fried pickles (£4) – to go with your perfectly poured ale.

George sources many of the vintage items on the walls, ceilings and seating of the Tap himself, but loyal customers also like to donate pieces "to give them an airing". Among the fascinating pieces is an old cigarette machine, a traditional telephone and a variety of memory triggering signs from the 1960s, 70s and 80s.

Award-winning Tamworth Tap has become the pride of the town's high street just eight years after the Greenaways took over a 16th-century former shop building

The pub is historic, housed in Tudor buildings built on a medieval cellar which runs under the building and out beneath the road in Tamworth town centre.

The beer garden, which was crowned Britain's best in 2022, is like being transported to the set of the hit TV show Game of Thrones, as it's overlooked by the towering Tamworth Castle, which dates back to the 11th century.

Lifeline

A Saxon wall makes up one end of the outdoor drinking area and George added: "Not many pubs have a castle in the beer garden. We love hearing people say 'wow' when they see it for the first time."

Louise said they use a carpenter who has built thatch-covered wooden drinking spaces outside and custom-fitted pews donated from the local church.

She added: "George has visions of what he wants and literally draws it on a piece of paper and it's made.

"A lot of people come in and mention it reminds them of Game of Thrones."

Jane Eason, CAMRA'S chief of campaigns and communications, said: "Eight years ago this was an empty shopfront. It is a really fantastic place to come."

Meanwhile, Ms Eason hopes that the Chancellor will announce a U-turn on rates within days, adding: "Without that we are going to see an avalanche of pubs closing. They provide a lifeline for a lot of people."

Eight members of the extraordinary Bashir clan have followed sisters Meena and Razwana into jobs for their local NHS trust... making them the largest group of relatives working together in the entire health service

AMINAH HUSSAIN
Healthcare assistant

NYLA HUSSAIN
Nurse practitioner

SHAMIMA AKHTAR
Stroke nurse

EXCLUSIVE

By **Paul Jeeves**

FOR THE Bashir family the weekly work roster at their local hospital reads less like a staff list and more like an ever-expanding family tree. That's because working for the NHS has proven to be more than just a vocation for sisters Meena and Razwana – it has become a full-blown family affair.

When the siblings began their nursing careers together at the turn of the millennium, they never imagined they were laying the foundation for a medical dynasty. Yet, over the last two decades, their passion for the NHS has been as contagious as many of the diseases they've encountered on the job.

Today, the sisters have been joined by eight other relatives, meaning 10 members of the same extended family are now walking the corridors of the same trust. From the renal unit to physiotherapy, the Bashir clan is embedded in the fabric of Bradford's healthcare.

And with a niece qualifying later this year – and other relatives setting their sights on medical training – this extraordinary commitment is becoming a generational legacy.

It is a unique achievement by any standard and is believed to make the Bashirs the UK's largest family unit working within the health service.

Despite being five years apart in age, Clinical Site Matron Meena, 53, and younger sister, Renal Matron Raz, 49, embarked on their careers at the same time when they enrolled on a nurse training course together at Bradford University in 2000.

Upon graduation three years later in 2003, they joined their local trust, which operates both the Bradford Royal Infirmary and St Luke's Hospital, and both have gone on to enjoy stellar careers over the past two decades.

"We graduated together from Bradford University with nursing degrees, which was a very proud day for our parents," explains Raz. "We started work together at Bradford Teaching Hospitals on the same day in 2003 – Meena as a staff nurse on one of the acute medical wards at Bradford Royal Infirmary and me as a renal nurse at St Luke's – and we became matrons together.

"We are the first generation to go into nursing in our family and we've been at the trust for 22 years and we absolutely love our jobs."

Raz's connection to the hospital is profound; she was born there, and her own two sons were delivered there. Now a senior leader, she describes herself as an "old-fashioned" nurse. Inspired by a former mentor, Raz refuses to be a distant administrator.

"I'm hands-on," she insists. "If a patient needs a bedpan, I'll roll my sleeves up and get on with it. I want to be a role model."

That dedication was tested to its limit during the Covid-19 pandemic. In the darkest days, when visiting restrictions were in place, Raz and sister Meena came in on their days off to sit with end-of-life patients. They held hands, offered comfort and even said prayers so that no patient had to pass away alone.

"We left our own families at home to be the family for those who couldn't have theirs," she recalls.

'During Covid we left our families at home to be family for those who couldn't have theirs'

Raz and Meena's trailblazing has now laid the path in the intervening years as more and more of their extended family members have been inspired to join the NHS after seeing the sisters' unswerving dedication.

"I mainly work night shifts now as a clinical site matron who ensures the smooth running of a patient's journey from admission to discharge from the trust's command centre," says Meena. "I absolutely love my job. I've worked up to where I am now, I manage a big team but they aren't just colleagues, they are more like family as we come together and live the values of our trust.

"It's a great place to work and it's absolutely amazing working with my family. We bump into each other, have a coffee together now and then, but we work professionally together as we are colleagues first and foremost when we are working. We are all really proud to work for the NHS and for Bradford Teaching Hospitals."

In recent years, the pair have been joined by Meena's two daughters, Aneeka Bashir, 30, and Chand Uzair, 26, who both work on the hospital's switchboard.

Aneeka, a law graduate, works day shifts as a temporary switchboard operator and Chand, a student nurse, has worked shifts every weekend for the last eight years. Chand is aiming to gain full-time employment with the trust after she graduates from university in January 2026 but has yet to decide what speciality she wants to work in.

ANEEKA says: "My mum encouraged me to join as she's worked here for a long time and absolutely loves working for the trust so I heard about the job through my mum, went through the application process, was interviewed and was delighted to get the job."

SVARA RAZAK
Ward manager

ROMESSA NAWAZ
Physician associate

OUR WHOLE FAMILY IS

HOSPITALISED (in a good way!)

Chand, meanwhile, reveals that she endured ill health during her childhood, which has proved the motivation to look for a career caring for others.

"I was very poorly as a child with asthma and I used to spend time on the children's ward," she says.

"I was always having asthma attacks so was in hospital for two weeks at a time, so I witnessed first-hand what the nurses did and they inspired me to give something back so I can't wait to work at the trust once I have graduated."

Meena and Raz's cousin, Svara Razak, has worked at the trust for nearly 15 years where she is now ward manager on the city infirmary's elective surgical ward 11.

She says: "Meena, Raz and I are first cousins – our mums are sisters – so we have grown up together. I qualified in 2009 so have nearly 15 years working at the trust. My cousins, Meena and Raz have both supported me throughout my career, helping with interview techniques and advice regarding job development, and I am really grateful to be part of the NHS and the BRI.

"It's reassuring to work with your family because you've always got support there. I look up to them and ask them for advice and guidance if I need it."

Svara's sister-in-law, Shamima Akhtar, is also a stroke responder nurse on ward 6's stroke unit, having worked at the trust for 25 years, while Svara's cousin, Emergency Department Nurse Practitioner Nyla Hussain, works at BRI having joined the trust in 2000.

Two years ago, Meena and Raz were also joined by their sister-in-law Noreen Rashid, deputy general manager of anaesthetics, theatres and critical care, who is married to their brother, Nawaz. Noreen's daughter and Meena and Raz's niece, Romessa Nawaz, also works as a physician associate on ward 4 acute medical unit.

Romessa says: "I've worked at the trust for almost seven years now and currently work on the acute medical unit. Meena and Raz are my aunties. I enjoy my job as it is fast-paced and no two days or two patients are the same. I am always developing my skills as a clinician. We are a tight-knit team and it's lovely to be part of a multidisciplinary team, and overall it's a nice environment to work in."

Meena's niece, Ward 9 Healthcare Assistant, Aminah Hussain, has also been working at the hospital for three years now.

MEANWHILE, three more nieces and nephews are in-line to extend the family business – whilst distant relatives are now coming out of the woodwork asking to be included in the family NHS tree.

"We keep getting messages so I'm sure it's going to end up far more than 10 when more people read about it," laughs Raz, adding: "Although I don't think my brain could cope with more than 10."

Chief executive Professor Mel Pickup says: "Since its inception in 1948 there have been many instances where multiple family members have worked for the NHS and, over the years, we have welcomed many family partnerships, including husbands and wives and even parents working alongside their children.

"However, I don't think we have ever seen anything quite like this – having as many as 10 members from the same family working here simultaneously. It is truly exceptional, and I would expect them to be one of the largest family groups to have ever worked for one NHS trust at the same time.

"It highlights how an organisation like ours can feel like a close-knit community, with family traditions of service, and how relatives and one family's care within the NHS can span multiple generations.

"We thank the extended members of the Bashir family for their enduring kindness and compassion to our patients and we hope their service to Bradford Teaching Hospitals and the NHS continues for many decades to come.

OPINION: PAGE 12

Missing mum ‘was put in bin bags and buried in garden’

Body of Izabela Zablocka was under concrete, jury was told

Last call to family was 2010

BY **PAUL JEEVES** Crime Editor

A MUM missing for 15 years was found cut up in bin bags in a rough garden grave after being murdered by her partner, jurors heard.

Anna Podedworna had spent years trying to cover up her killing of Izabela Zablocka, a court heard.

The pair had a “stormy” relationship before Ms Zablocka, 30, was allegedly murdered between August 27 and October 1, 2010. Podedworna, 40, had an interpreter’s help as her case began at Derby crown court.

Gordon Aspden KC, prosecuting, said Ms Zablocka had grown up in Trzebiatow in north-west Poland.

Relationship

He went on: “Izabela married a local Polish man and gave birth to a daughter. They separated and soon afterwards Izabela began a sexual relationship with this defendant.”

The jury was told the women had a flat in Poland then headed to London for work in 2009, later moving to Derby for jobs in a poultry factory.

But Ms Zablocka’s family back in Poland, including her daughter, did not hear from her again after she rang in August 2010. Mr Aspden said: “Shortly after Izabela’s final telephone call to her mother, this defendant Anna Podedworna murdered her.

She then dismembered Izabela’s body by cutting it in half with a large knife, trussed it up with electrical tape, placed these now bloody human remains in black plastic bin bags and buried them in the back garden.

“A section of concrete hardstanding was then laid over the top to hide Izabela’s filthy, makeshift grave.

“The defendant’s post-murder cover-up involved a series of deliberate, calculated, gruesome and time-consuming acts which she carried out with resolve and purpose. Precisely how and why the defendant murdered Izabela only she now knows.”

Ms Zablocka’s family reported her missing to UK police in November 2010 and informed Polish officials weeks later. Podedworna later told police she did not know where Ms Zablocka was, Mr Aspden added.

He said mounting pressure caused her to “crack” last year when a Polish TV journalist flew to interview her. A body was found in Normanton, Derby.

Mr Aspden said she told officers “she had killed Izabela. However... she claimed that Izabela died by accident during a violent confrontation.”

Podedworna denies murder, preventing a lawful burial and perverting justice. The trial continues.

Prehistoric hammer is a hit

BY **FRANCES MILLAR**

A PREHISTORIC hammer made from elephant bone and dating back nearly half a million years has been found.

Archaeologists said the fossilised relic is the oldest elephant bone tool ever discovered in Europe.

The unexpectedly sophisticated implement is thought to have been used to sharpen stone hand axes and other tools that became worn through repeated use.

It was likely made by Neanderthals or by another ancient human species, Homo heidelbergensis, and was found in Chichester, West Sussex.

Simon Parfitt, a scientific associate at the Natural History Museum, said: “This remarkable discovery showcases ingenuity and resourcefulness. Elephant bone would have been a rare resource, and it’s likely this was a tool of considerable value.”

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BY **PAUL JEEVES**

Daredevil grandad battling Parkinson's 'lucky' to survive 200ft fall

Keith Wilson is rescued after ordeal, right. Safe and sound, inset left

A GRANDFATHER has survived a horror 200ft plunge down a mountain, after landing in a mound of soft snow.

Parkinson's sufferer Keith Wilson, 74, "miraculously" ended up going feet-first into the snow, then waited some nine hours for rescuers to save him.

The renowned daredevil was climbing Great End mountain, in the Lake District, when both of his footholds collapsed near the top and his ice axe was wrenched out.

Falling and sliding backwards down the ice, Keith finally plunged into several feet of snow, which probably saved his life.

The retired education chief has amazed medics with his adrenaline-filled antics since being diagnosed with Parkinson's six years ago, and he now campaigns for sufferers to stay active.

Keith, from Middleton St George, Co Durham, said: "I honestly thought that was it, and I might die.

"I knew I was being bashed around, and I was just hoping I'd come to a stop.

Signal

"If I'd kept going backwards, I'd have finished head-first and been killed. I'm incredibly lucky to be alive. It's the first serious fall I have had in 50 years of climbing, and the first time I have ever had to call out mountain rescue for myself."

His climbing companion Adrian Green was able to make verbal contact with Keith before climbing higher up the mountain until he had a phone signal and could raise the alarm.

Helicopters from the Great North Air Ambulance and the Coastguard were scrambled but were unable to reach Keith due to heavy cloud cover.

However, Keswick Mountain Rescue established a winch to lower two members down, and Keith was then lowered a further 400ft to where Penrith Mountain Rescue volunteers were waiting with spotlights and a stretcher.

Luckily, Keith escaped with just a fractured right shoulder and was even able to walk to an ambulance.

The experienced climber described how he had to wait for hours in cold conditions while the rescue mission was mounted.

He said: "I managed to use my ice axe to make myself secure before getting into all my spare clothes from my rucksack, and using my bag to shield from the wind. When I saw the rescuers coming down on the rope, I was so relieved.

"I can't thank the mountain rescue teams enough.

"They are absolute heroes – not only incredibly professional but so friendly and reassuring too."

Keith's relieved wife Jill added: "It's a total miracle. The mountain rescue volunteers couldn't believe he had survived such a long fall in those conditions."

Inspiring

Keith was diagnosed with the progressive neurological condition in February 2020 but has been honoured for inspiring others.

He was presented with a national award by Parkinson's UK last year.

While there is no current cure, Keith's approach has been to tackle the disease with a rigorous programme of running and climbing to produce adrenaline and dopamine, a neurotransmitter in the brain which has been shown to hold back the effects of the disease.

He has also written a book, called Nine Lives Lucky, about his experiences and narrow escapes, which was only delivered to the publisher the week before his fall.

Keith said: "The publisher said they might have to amend the title to Nine/Ten Lives Lucky!"

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Sex, Drugs and Walking Sticks

by Dr Miriam Stoppard

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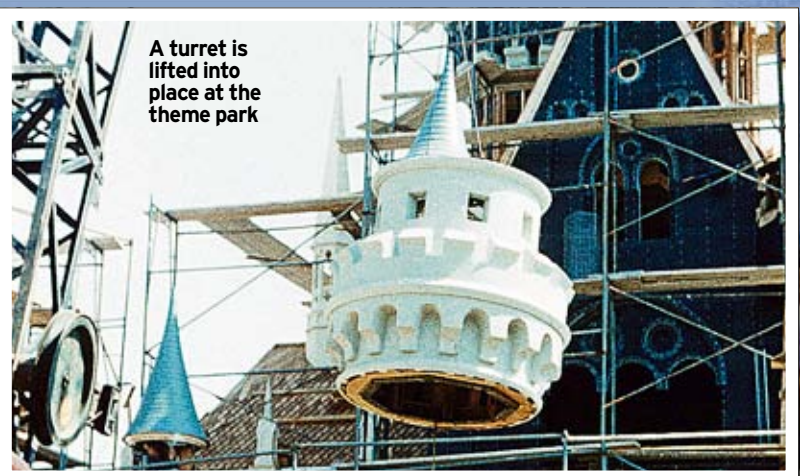
BIRTH OF

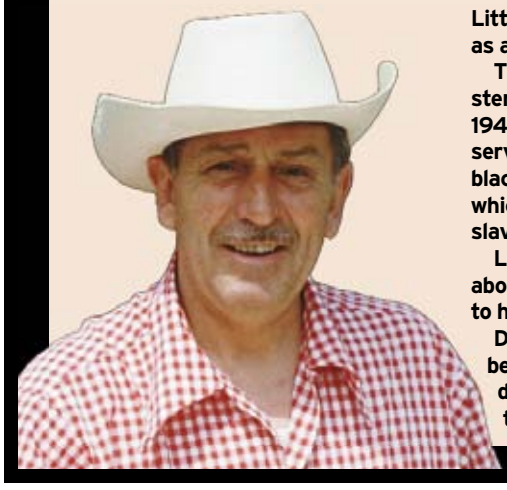


A turret is lifted into place at the theme park

Cups and saucers fun ride is painstakingly assembled

Workers lift up horse for merry-go-round

The fun-loving family man who had a darker side



WALT Disney's public image was that of a fun-loving family man.

But behind closed doors he was a complex and often difficult character, with a reputation for holding difficult views.

Disney, *left*, was accused of antisemitism after a scene in Three Little Pigs in 1932 showed the wolf as a Jewish pedlar.

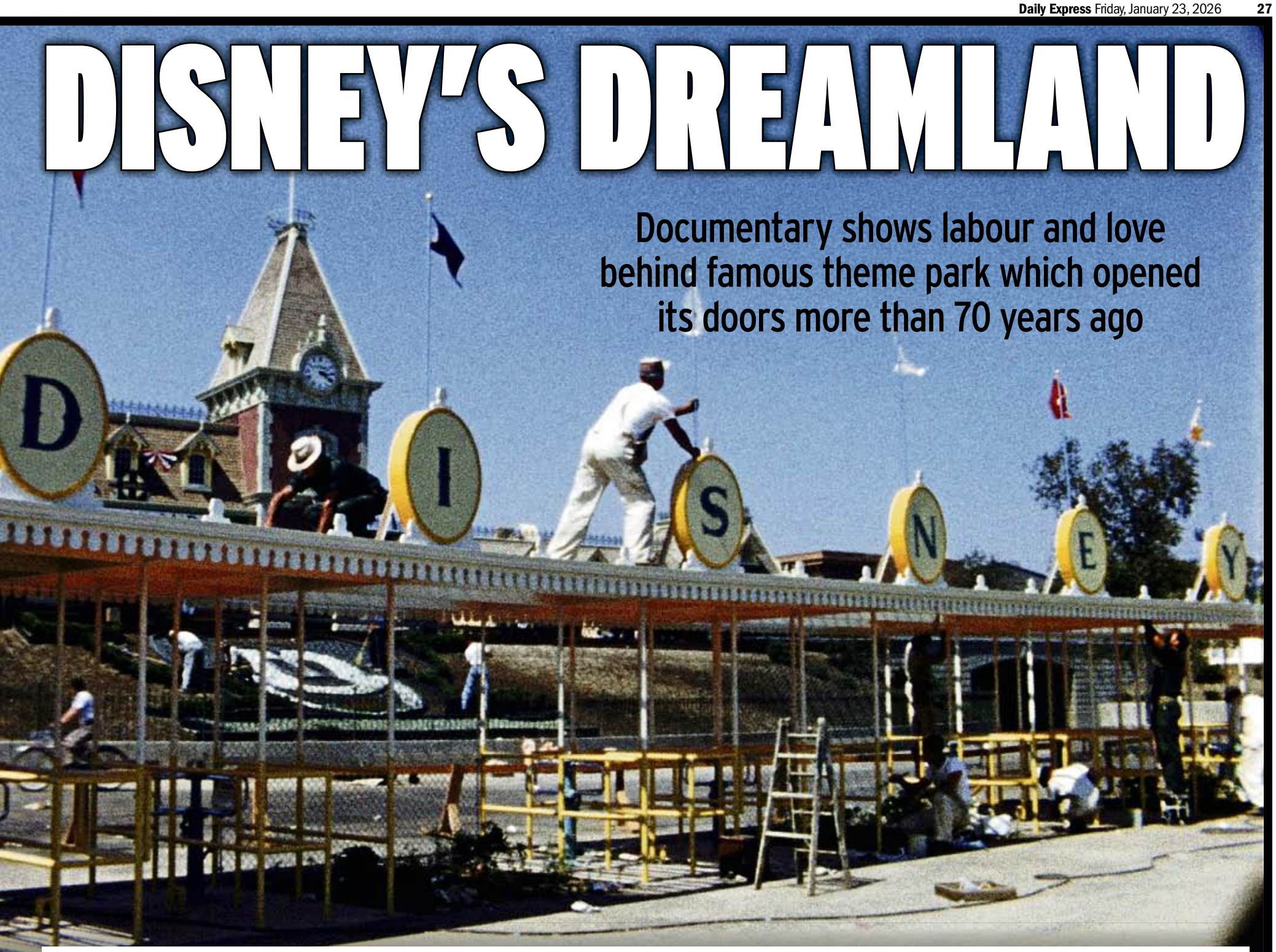
There were plenty of racial stereotypes in Disney movies in the 1940s, including Fantasia's black servant centaurette and Dumbo's black crows. Song of the South, which sanitised the experience of slaves, is no longer screened.

Later, there was also controversy about the company's unwillingness to hire minorities at Disneyland.

Disney was also accused of being bad tempered, particularly during the building of his theme park.

DISNEY'S DREAMLAND

Documentary shows labour and love behind famous theme park which opened its doors more than 70 years ago



By **Hannah Britt**

WHEN "the happiest place on Earth" opened in Anaheim, California, on July 17, 1955, its proud creator Walt Disney declared: "Disneyland is your land."

The 900 million visitors who have enjoyed its rides, shows and Disney characters ever since, clearly agree.

Disneyland Handcrafted, a new documentary, tells the story of the world's favourite theme park which still attracts around 18 million visitors annually.

Director and producer Leslie Iwerks, 55, is the granddaughter of Ub Iwerks, the designer of Mickey Mouse.

Explaining the impact Disneyland made in an uncertain era, she says: "At a time when there was so much strife in the world – the Korean War had just ended and the Cold War was looming – Walt created this place for people to enjoy and be happy.

"Despite the fact that amusement parks had been done before and were dying, because they were dirty and unpopular, Walt believed in his soul that this could be created at a higher level, in a much more experiential and immersive way that had never been done before."

The Oscar and Emmy nominee takes viewers through the exhilarating year that gave rise to Disneyland. Featuring rare archive footage and original audio recordings, a vivid picture is created of the talent and sheer toil required to bring Disney's dream of a new adventure in entertainment to life.

Disney, who died in 1966 aged 65, brought joy to millions with his wonderful characters like Mickey and Minnie Mouse, Donald Duck and Goofy.

He met cartoonist and animator Iwerks in 1920 but their Iwerks-Disney Commercial Artists company failed after one month.

Walt headed to Hollywood to become a director, forming Disney Brothers Studio with his brother Roy, and hired Iwerks again in 1924 as an animator before changing the studio name to Walt Disney Studios in 1926. On November 18, 1928, Mickey Mouse made his debut in the cartoon Steamboat Willie. Rapidly cast as a global icon of the Disney brand, a line of Mickey merchandise sold out and Mickey Mouse Club membership exceeded one million.

Classic feature films Snow White and the Seven Dwarves, Pinocchio, Fantasia, Dumbo, Bambi and Cinderella followed. Then, in a move many called reckless, in 1954 Disney produced a one-hour TV show for ABC television for a $500,000 investment in Disneyland.

Disney bought 244 acres of land near Anaheim and began construction of one of the "greatest gambles of his life".

But Walt was no fool and had chosen the orange grove site strategically, as it was near the new Santa Ana Freeway – offering good access and room to grow.

He raised the $17million (around $180million today) needed to fund the build through various means including the ABC deal; by selling shares, renting shops and even mortgaging his life insurance.

Walt, who had two daughters, Diane Marie, who died in 2013, and his adopted child Sharon Mae, who died in 1993, said of the theme park: "[Disneyland] came about when my daughters were very young, and Saturday was always Daddy's day. I felt there should be something where the parents and the children could have fun together. So that's how Disneyland started."

The original entrance to Disnleyland is prepared, main, to welcome guests to the 'happiest place on Earth'. Right, the Sleeping Beauty Castle today

THE real stars of the show are the construction workers, often risking life and limb with no harnesses in sight to finish the job on schedule. One pair can be seen straightening a giant pylon, while standing in a digger's scoop.

The ultimate funseekers' holiday destination has rarely had a break itself in 70 years. It closed for a national day of mourning for JFK's assassination in 1963, and on September 11, 2001.

Bosses hope to clock up a billion guests by 2031, which as Disney said, is not bad for something "started by a mouse".

● *Disneyland Handcrafted is available to watch on Disney+ now.*

30-SECOND CHALLENGE

JUST follow the instructions from left to right, starting with the number given to reach an answer at the end of the row. Set your own 30-second challenge. For the very young or arithmetically rusty, you have 30 seconds for the BEGINNER task.

For a greater challenge, try BEGINNER and INTERMEDIATE in 30 seconds. True mental gymnasts should try INTERMEDIATE and ADVANCED in 30 seconds together.

Today's answers can be found in the puzzles pullout

YOUR ANSWERS

Beginner	36	TAKE THE SQUARE ROOT	+18	3/4 OF THIS	+63	÷3	-18	x6	-16	
Intermediate	164	÷4	+151	75% OF THIS	TAKE THE SQUARE ROOT	+246	5/6 OF THIS	-47	÷3	
Advanced	17	x7	+55	5/6 OF THIS	+363	75% OF THIS	-197	3/8 OF THIS	+416	

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THURSDAY, JANUARY 22
SET FOR LIFE 1 5 13 17 21 2

WEDNESDAY, JANUARY 21
LOTTERY 5 24 28 46 49 56 19
THUNDERBALL 6 7 13 20 21 4

TUESDAY, JANUARY 20
EUROMILLIONS
11 18 19 22 50 1 11
THUNDERBALL
4 10 13 32 37 10

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THURSDAY, JANUARY 22
6 18 21 27 48 11

WEDNESDAY, JANUARY 21
11 22 27 45 50 21

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PHONE POLL RESULTS

We asked in our poll on Wednesday:
Is handing over Chagos Islands an act of 'great stupidity' by Starmer?

YES: 98%
NO: 2%

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Fill in all the squares so that each row, each column, and each 3x3 square contain all the digits from 1 to 9

		2		4			8	
	8	9	2	1		5		
1					8		4	9
9	7		3		6			8
		5				4	9	
3			4		5		2	
	9							4
	4	6		5	3	9		2
	2			7		3	6	

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For extra clues call:
09013 225 602
(Calls cost 75p plus your telephone company's network access charge)

MORE PUZZLES – PULLOUT

YESTERDAY'S SOLUTION

1	2	9	5	3	4	8	7	6
8	6	3	9	1	7	2	5	4
5	4	7	6	8	2	1	9	3
7	5	1	2	9	3	6	4	8
6	9	4	8	5	1	3	2	7
3	8	2	4	7	6	5	1	9
9	1	5	3	4	8	7	6	2
4	3	6	7	2	5	9	8	1
2	7	8	1	6	9	4	3	5

Samantha and husband Paddy are helping hospice charity with childhood favourite Neddy

Old rocker Neddy's a £2,000 gift horse

BY **FRANCES MILLAR**

A CENTURY-OLD rocking horse called Neddy is to saddle up for a brand-new adventure and do some good along the way.

Samantha Cree, from Mountsorrel in Leics, took her childhood toy to a local repair group, hoping it could be freshened up for a new generation.

But once they took a closer look, they realised this wasn't a "bit of paint and a tidy-up" job.

Classic

It was a rare vintage piece – and a DIY fix could do more harm than good. Peter Rix, a specialist rocking-horse restorer from Derbyshire, dated Neddy to around 1920-1930 and said he could fetch around £2,000.

Peter offered to restore him for free, with proceeds from its sale going to Leicester hospice charity Loros.

Neddy turned out to be a classic Sportiboy model, originally made by the now-defunct British toy company Lines Bros. Over the next couple of months he will be spruced up to his former glory. Restorer Peter said: "We will be creating some new memories for people like those memories Sam has with this horse.

"And hopefully we're going to create new memories for the next 100 years for the next riders on his journey, and we can also make some more money for Loros as we go.

"Neddy's overall condition for a 100-year-old horse is pretty good."

Samantha remembers riding Neddy with her sister for hours, rocking and singing "like Victorian children", calling him "a source of complete enjoyment and escape".

Her husband Paddy said they simply don't have the space to keep Neddy any more. "It would have just collected dust, so if it brings some joy to somebody and helps with Loros that's great."

Poll helpers may spot migratory redwings like this one

Watch all the birdies

Cold boosts garden poll

BIRD lovers may spot bumper numbers of migratory species in their local areas due to cold and unsettled weather across Europe, according to the RSPB.

Launching its Big Garden Birdwatch yesterday, the conservation charity said that the chill may drive more birds such as fieldfares or redwings to the UK.

The wildlife survey asks people to spend an hour watching and counting birds in their garden or local green space today, tomorrow or Sunday, then send findings to the RSPB. The annual poll helps conservationists track fluctuations in numbers and record how garden birds are faring.

Birds fly from as far as Poland and Scandinavia to winter in the relatively mild UK, seeking shelter, food and water.

Far more might make the trek in a cold snap or when food is less available on the continent.

BY **STEPH SPYRO**
Environment Editor

RSPB chief executive Beccy Speight said every observation counts. "By taking part in the Birdwatch, you and hundreds of thousands of other nature lovers across the UK are helping us.

"Birds and wildlife are struggling right now. Anyone, anywhere can take part...even if you don't have a garden!

"A park, balcony, allotment or window box will do." Birdwatch began in 1979 and last year nearly 600,000 people totted up nine million birds from more than 80 species – house sparrows were the most common, for the 22nd year in a row, but numbers were down 11% on 2024.

To take part, visit rspb.org.uk

RSPB Big Garden Birdwatch 23–25 January 2026

'Amazon snatch' cat Nora is back

A CAT allegedly snatched by an Amazon driver has been returned home, to the relief of her family.

Carl Crowther, 53, had spent a whole day searching for cat Nora, before checking out footage on his doorbell camera on Sunday.

It showed a delivery driver allegedly pick up Nora, *right*, and walk off with her after leaving a package from fashion firm Zara.

However, the family were reunited with Nora on Wednesday evening, and Carl says she does "not seem fazed".

The maintenance man, from Elland, West Yorks, remained tight-lipped on how they got her back, but said: "We are delighted, and very much relieved. We would like to thank everyone who has shared the social media posts and news articles.

"We are now leaving further investigation to the police but thank them, along with Amazon and Zara, for their help in getting Nora home safely."

Amazon is probing the incident and police confirmed Nora's return.

BY **JAKE MEEUS-JONES**

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TALES FROM THE SET

Pratt's on the edge of his seat for AI judgment day thrills

Edited by **KATHRYN CRAVEN**

This week's big release, Mercy, is an action thriller exploring the use of artificial intelligence in the justice system. Directed by Timur Bekmambetov and written by Marco van Belle, it is set in a dystopian near future, with Chris Pratt playing a detective who has just 90 minutes to prove his innocence to an AI judge, portrayed by Rebecca Ferguson, after his wife's alleged murder.

Pratt, 46, best known for Jurassic World and Guardians of the Galaxy, was immediately drawn to the story.

"It feels cutting-edge. The movie plays exactly like the script reads: from the very first minute, it doesn't let you go," he says.

Pratt, who spends most of the film strapped into an executioner's chair, admits this presented a unique challenge.

"All the pieces of evidence had to be shot, including action sequences – I'm running around, driving cars – but a large portion of me is witnessing all of that while in the chair.

If I can't prove my innocence within 90 minutes, I'll be killed

"Spending weeks like that was challenging."

He adds: "There's literally a ticking clock. If I can't prove my innocence within 90 minutes, I'll be killed. Neither the character nor the audience knows if he committed the crime."

His co-star, Dune actress Ferguson, 42, loved what the film and her role highlights about the future of AI.

"I think playing Judge Maddox – so near to consciousness, and yet light years away from being human – brings up many interesting questions. Mercy highlights the shortcomings in a world where AI is growing but is still limited when it comes to actually revealing the truth. It's a fantastic tool, but it should always be just that: be an aid to humans but not an alternative.

"This film highlights, in a narrative sense, some of the ways that relying on AI could go very wrong."

ACTING FUNNY *Bradley Cooper*

COMING SOON

Bradley Cooper directs and stars in Is This Thing On?, a film loosely inspired by a John Bishop gig at Manchester's Frog and Bucket comedy club 25 years ago when he was working as a salesman. Set in New York, it tells the story of comic Alex, played by Will Arnett (who co-wrote the script with Cooper), and his soon-to-be-ex Tess, played by Laura Dern. In cinemas January 30.

SHOPPING & REVIEWS

MERCY ME
Chris Pratt and Rebecca Ferguson

32 Film reviews
34 Books
35 Podcasts
36 Cash Queen
39 TV Guide
44 Your Letters
PLUS Horoscopes
PLUS Puzzles

FILM YOUR NEXT WATCH

With **DAMON SMITH**

'Handcuffed to the 90-minute timer nestled in one corner of the screen, Mercy is a confidently staged crime thriller'

STAR RATINGS
★★★★★ Excellent
★★★★ Good
★★★ Worth a look
★★ Poor
★ Don't bother

TIMEBOMB
Pratt as Raven, right, Ferguson as AI judge

JUDGE, JURY & EXECUTIONER

MERCY
CERT 12A ★★★

Human or AI: we all make mistakes. So says the beleaguered hero of director Timur Bekmambetov's dystopian action thriller – a well-respected 2029 Los Angeles police detective presumed guilty until proven innocent of fatally stabbing his wife.

Mercy orchestrates a frantic hunt for the truth in real-time and makes a few mistakes along the way. Police detective Chris Raven (Chris Pratt) regains consciousness from a drunken night of blood-stained chaos, strapped to a chair inside the LA headquarters of Mercy Capital Court. He faces Maddox (Rebecca Ferguson), the artificial intelligence that acts as judge, jury and executioner in a city overrun with crime, drug use and homelessness.

Chris sits accused of murdering his wife Nicole (Annabelle Wallis) in a jealous, alcohol-fuelled rage and has 90 minutes to gather evidence using voice commands and a touchscreen to prove his innocence or be sentenced to death. A clock ticks down to his execution and Chris liaises with his partner, Detective Jacqueline Diallo (Kali Reis), to piece together clues while assuring daughter Britt (Kylie Rogers) that he is innocent.

Handcuffed to the 90-minute timer, Mercy is a confidently staged crime thriller that pieces together events leading to Nicole's death using CCTV recordings, private emails, social media posts and footage conveniently uploaded to the cloud.

Bekmambetov visualises a tsunami of communications, text and video files as overlapping screens that whoosh around Pratt in his high-tech executioner's chair. The actor is restrained by his wrists and ankles for almost the entire film and runs a gamut of emotions from tearful disbelief to glowering defiance as screenwriter Marco van Belle introduces a multitude of suspects and attempts to dissuade us from focusing on the most logical candidate.

The script's heavy-handedness with foreshadowing diminishes the rough justice, and credibility is strained when Ferguson's AI overrides protocols to facilitate the showdown. Serious debate about the ethical implications of automated trials is sacrificed at the altar of slam-bang thrills.

In cinemas now

DESPERATE
Lee Byung-hun as You Man-su

NO OTHER CHOICE
CERT 15 ★★★★

It's a killer job market in this delectably gnarly thriller adapted from Donald Westlake's novel The Ax, which is South Korea's official entry for the Best International Feature Film prize at this year's Academy Awards.

Executed with slick precision by director Park Chan-wook, who glazes each frame with macabre humour as black as tar, No Other Choice is a compelling companion piece to Parasite with its surgical dissection of social niceties and familial dysfunction.

Squid Game's puppetmaster Lee Byung-hun nurtures more murderous urges as family man Yoo Man-su, who has dedicated 25 years of loyal service to the Solar Paper company. Widespread dismissals impact middle manager Man-su, who struggles to find a new job in the papermaking industry.

As money troubles intensify and Man-su risks losing the family home and the last shreds of his dignity in front of his wife Lee Mi-ri (Son Ye-jin) and children Si-one (Kim Woo-seung) and Ri-one (Choi So-yul), he hits upon a novel idea to secure a new position: forcibly eliminate the competition including rival Choi Seon-chul (Park Hee-soon). If you can't beat 'em then, well, physically beat 'em.

No Other Choice is a wickedly wild ride, which flits between genres and ignores storytelling conventions to keep us on our toes. Byung-hun's winning performance reaps big rewards as the film barrels towards its lip-smacking resolution. There is no other choice but to surrender to the lunacy.

In cinemas now

IRELAND REACHES THE KNOCKOUT STAGE

LINE-UP *Coogan plays McCarthy*

SAIPAN
CERT 15 ★★★

In a 2002 interview, shortly after he walked away from the captaincy of the Republic of Ireland's World Cup squad, Roy Keane said he felt like he had been backed into a corner in his dispute with manager Mick McCarthy.

"There was only going to be one winner," Keane explained on camera, "and that was Mick of course." These comments and archive footage are skilfully woven into directors Lisa Barros D'Sa and Glenn Leyburn's drama inspired by events that gripped a nation.

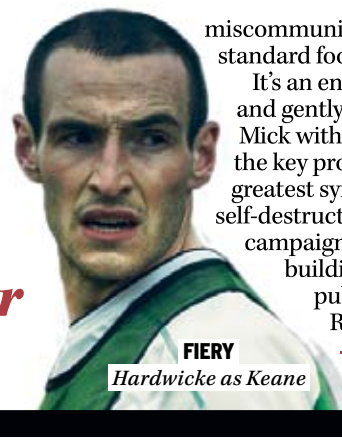
In the run-up to the 2002 Fifa World Cup hosted in South Korea and Japan, tension is evident between the captain (Eanna Hardwicke) and manager (Steve Coogan). From the moment the team arrives on the Pacific island of Saipan, Roy is unimpressed. The training pitch is likened to a car park, someone forgot to order footballs and other players are more interested in a nearby golf club than preparing for pitch warfare.

The island simply isn't big enough for two men's bruised egos as two differing personalities clash.

Saipan intercuts between footage from the era and glossy dramatisation to distil weeks of discontent and miscommunication into the running time of a standard football match.

'Island isn't big enough for two men's bruised egos'

It's an entertaining and fiery kickabout and gently humorous scenes of Roy and Mick with their respective spouses soften the key protagonists. Hardwicke curries the greatest sympathy as he presses the self-destruct button on Keane's World Cup campaign, with Paul Fraser's screenplay building tension gradually to the public shouting match that led to Roy getting his figurative red card.



FIERY *Hardwicke as Keane*

In cinemas now

WINGS OF LOVE *Claire Foy as a grieving daughter*

H IS FOR HAWK
CERT 12A ★★★

A grief-stricken university fellow ruffles feathers when she buys a goshawk to cope with the death of a parent in director Philippa Lowthorpe's touching drama adapted from Helen Macdonald's memoir. Buoyed by a tremendous lead performance from Claire Foy, H Is For Hawk is an intimate and melancholic study of loss and lamentation.

In 2007 Cambridge, Jesus College academic Helen Macdonald (Foy) is devastated when her father Alisdair (Brendan Gleeson), a celebrated press photographer, dies suddenly. Cast adrift in a sea of grief, Helen reminisces about chasing goshawks as a child.

Against the advice of a friend, Helen buys a goshawk from a breeder in Stranraer and christens her new housemate Mabel. She devotes every waking moment to her feathered companion and grows distant from her mother Jane (Lindsay Duncan) and brother James (Josh Dylan). Rather than salve her grief, Helen risks being consumed by it.

Adapted for the screen by Emma Donoghue and director Lowthorpe, this glides serenely between elegantly staged scenes of anguish, building to a sombre mental health diagnosis.

Hunting sequences of a goshawk wheeling and swooping in pursuit of prey are thrillingly captured by wildlife cinematographer Mark Payne-Gill. Foy learned falconry for the role and in remarkable scenes, the camera lingers on the actor as she teaches a goshawk to trust her and tear strips of flesh from a gloved hand.

She wrenches out her fractured heart and sparks on-screen rapport with Gleeson in flashback and imagined reconciliations.

In cinemas now

THE HISTORY OF SOUND
CERT 15 ★★★

Writer-director Oliver Hermanus strikes an emotional chord with his elegant romance expanded from Ben Shattuck's original short story. But the notes he plays are soft and polite, even with stirring performances from Paul Mescal and Josh O'Connor as secret lovers, who stoke desire before and after the First World War inflicts psychological scars on a generation of idealistic young men.

In 1917 New England, music student Lionel (Mescal) meets David (O'Connor) in a pub and there is an instant connection between two men with a mutual love of folk music. They spark a passionate affair, which is cut short when America enters the conflict. David is drafted but Lionel's poor eyesight exempts him. Years later, Lionel gets a letter from David and the pair embark on an odyssey through Maine to collect traditional songs and preserve them. Life propels the lovers down different paths but Lionel continues to think about David but has an ill-fated dalliance with socialite Clarissa Roux (Emma Canning).

Enriched with a voiceover from Chris Cooper as the older incarnation of Lionel, The History Of Sound has been flatteringly compared to Brokeback Mountain. But for all its artful restraint, it doesn't come close.

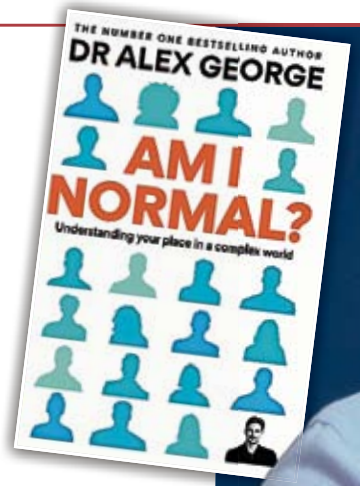
Mescal and O'Connor harmonise but the script fails to convey their internal symphonies. Hushed stoicism caresses a heartstring that yearns to be plucked.

In cinemas now

CONNECTION *Josh O'Connor and Paul Mescal*

BOOKS YOUR NEXT READ

With **HANNAH STEPHENSON**



STRONGER
Dr Alex

AUTHOR OF THE WEEK

Dr Alex George

The ex-Love Island star says he's tired of being lonely, and his new book has helped him heal

Ever since he was young, Dr Alex George felt different. And the mental health campaigner, former A&E doctor and Love Island contestant has finally made sense of it with his new book, Am I Normal? where he draws on his own personal experience of ADHD, OCD, alcohol misuse, grief, work addiction, poor self-image and loneliness.

"It sound's like I'm a bloody walking list, doesn't it?" Dr Alex, 34, says, chuckling.

He is not afraid to recount the episodes that led him to stop drinking, take control of his diet and seek therapy and medication.

In the book, he explores what society's view of normality is and how it can stand in the way of true wellness and happiness.

His own diagnoses – he's also undergoing assessments for autism – have brought him some peace and answered questions as to why he struggled from childhood: the facial tics he had at 11, his inability to focus, the obsessions, social anxiety and rejection sensitivity.

The Welsh doctor and broadcaster, who was on Love Island in 2018, has appeared on shows including Good Morning Britain and Loose Women to speak about mental health.

Until last year, when the government dropped the role, he was also the UK Youth Mental Health Ambassador.

He was diagnosed with ADHD in 2022 and with OCD last year. And he confesses 2024 was one of the loneliest years of his life, having never come to terms with his post-Love Island existence, focusing on the challenges of the pandemic, and the grief he experienced when his 19-year-old brother Llyr died by suicide.

"I ended up kind of withdrawing. I felt like I needed to fix myself. Actually one of the things I realised is that the antidote to a lot of your experience is human connection."

In the book he recalls struggling with isolation after leaving Love Island. He returned to A&E for a while to regain a sense of normality and some respite from the loneliness he was experiencing.

"Loneliness is an epidemic in itself," he states today. "I corrected it by rekindling my old friendships, by getting out of the house and making an effort with people, by putting myself into circles like running clubs to make friends and be with people.

"There is some element that we have to accept within ourselves that you can't just sit in the house and expect other people to come to you. No one's coming to save you."

While he remains tight-lipped about his private life, he now says: "I'm not lonely. I feel I do belong and I have connection."

He observes that the loneliness epidemic is intensified by digital technology.

"It dawned on me one day last year as I walked around Battersea Park that I had 100,000 people who might respond to an Instagram post, but not one person to meet with in the park," he writes.

He is a hugely popular content creator, with an Alcohol-Free Living YouTube channel, impressive social media following and Stompcast podcast. But balance is key.

"In the evenings I don't want to be on my phone. I want to be able to do other things," he says

He still practices as a doctor, but has moved into health education and public health, rather than pursuing the clinical route.

The book explores what it is we call "normal" and how true wellness is ultimately about self-acceptance. He says writing it is the most difficult thing he's done professionally.

"I was trying to make sense in my own mind of how much of it is me and how much of it is the world. My feeling was, am I not normal? Or is the world not normal? Or is it both? I tried to work that out, because I guess since I was young, I felt different.

"I've had a lot of friction in my life and have tried to work it out. I was at rock bottom just over three years ago, struggling hugely with grief, drinking quite a lot of alcohol, working 24/7 and when I wasn't working I was drinking.

"I was completely physically, emotionally, mentally burnt out and I started writing the book because I just wanted to make sense of it all. It's been very painful."

He now looks after himself very differently, has been off alcohol for three years, exercises regularly and eats healthily.

"The best thing that has ever happened to me in terms of change in my life has been being diagnosed with ADHD."

In the book, he challenges some of the things society sees as normal, including the way alcohol is ingrained in our lives and the way grief is addressed. "I remember when my brother Llyr died, the next day there were 50, 60, 70 bouquets of flowers arriving. When the funeral was over, the flowers stopped. People stopped texting. No one mentioned it, everyone went quiet.

"Actually, the goal of grief is to learn to live with it, not to get over it. Yet in this country we've pushed this normality of 'Ignore death, pretend it doesn't happen' and when someone dies we take this Victorian approach to get over it as quickly as physically possible, get the funeral done and on with life."

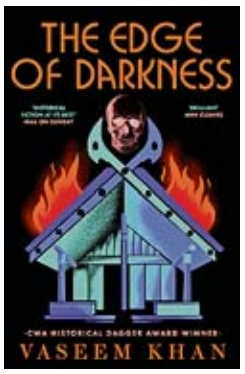
Since his ADHD diagnosis he has focused on knowing and loving himself.

"I've had to do a lot of therapy while writing this book because it's brought up a lot of very difficult things in my life," he says. "But I think it's helped me understand myself better."

Am I Normal? by Dr Alex is out now, £22

FOUR NEW BOOKS TO READ THIS WEEK

BY MATT NIXSON AND JON COATES

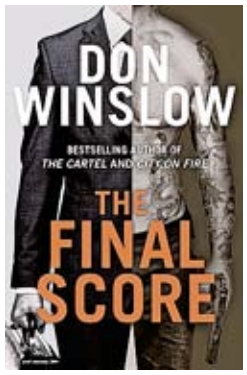


THE EDGE OF DARKNESS

BY VASEEM KHAN, HARDBACK, £22

The sixth outing in Khan's endearingly quirky Malabar House series sees India's first female detective, the joyously independent Persis Wadia, exiled from Bombay to Kohima in the unruly Naga Hills District ahead of the country's first post-independence elections.

It's a punishment posting, removing her from her father Sam and Scotland Yard colleague Archie Finch – who's fighting for his life in hospital – and a sign her career is in freefall. But when a local politician turns up headless in a locked room, an Agatha Christie-esque set-up, if ever there was one, only one person can solve the mystery. Persis is a brilliant creation and this is historical fiction at its finest. **8/10**



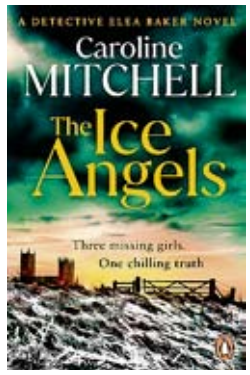
THE FINAL SCORE

BY DON WINSLOW, HARDBACK, £22

No one portrays the criminal classes and the hard, morally damaged men who try to catch them better than Winslow and the six novellas in The Final Score are a masterclass in character, dialogue and plot. The tension never lets up and the only thing higher than the body count will be your pulse.

Inexplicably, the US thriller writer remains something of a well-kept secret among British readers, despite enjoying huge global success with his narco-trilogy: The Power of the Dog, The Cartel and The Border.

Having ostensibly retired, it's a joy to have Winslow back and we must hope his purple patch continues with another full-length outing. Absolutely gripping. **9/10**



THE ICE ANGELS

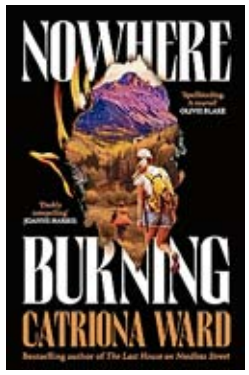
BY CAROLINE MITCHELL, PAPERBACK, £9.99

Detective Elea Baker has not stopped searching for her daughter Liisa since she was taken aged 12 while walking home from school in the depths of the Finnish winter a decade ago.

Now girls are disappearing from the quiet streets of Lincoln and when one is found on its cathedral steps clutching a clue linked to Liisa's abduction, Elea is brought to the UK to help solve the case.

After living a nightmare for the past 10 years, Elea feels she is close to finding her daughter's abductor and is determined to make them pay – whatever the cost.

The Ice Angels is a dark, compelling read with engaging characters it'll be a joy to see develop in this intriguing new series. **8/10**



NOWHERE BURNING

BY CATRIONA WARD, HARDBACK, £16.99

Nowhere is a verdant valley surrounded by rock walls in the mountains that has become a refuge for runaway children.

Adults cannot enter and this promise of freedom sees Riley, 14, pull her brother Oliver, seven, from his bed in a nearby town in the middle of the night.

After an arduous climb, the pair find a new family living off the land in the mountain, but Nowhere has a dark past and its sanctuary comes at a terrible price, as they soon discover.

The new thriller from the bestselling author of The Last House on Needless Street is a beguiling, haunting modern fairy tale with shocking twists. Readers will not be able to put it down. **9/10**

PODCASTS NOW HEAR THIS

With **KAY HARRISON**

PODCAST OF THE WEEK

NEW DIRECTION
Ant and Dec in their studio

LET'S GET READY TO RAMBLE... AND GIGGLE

HANGING OUT WITH ANT & DEC

As far as promos go, upsetting suicide charities is a no-no. But the nation's favourite duo managed just that with a triggering ad for this pod showing feet dangling above the ground. Only – such buffoonery! – they were just hanging off a washing line. Not the best start, but if anyone can ride out bad publicity, it's Ant and Dec.

Their brand new video podcast, part of their equally new Belta Box digital entertainment channel, is a chance for the two to hang out in a little studio, given Ant has dared to move further away from his best friend and they're both busy with their young children.

They're catching up on everyday stuff (if everyday is lunch and movie ideas with William Boyd or bumping into Spider-Man star Tom Holland and Zendaya's dog at the golf club) and there's reflections on 30 years of living and working in each other's pockets. A highlight on their first episode being Dec reading a bum-clenching excerpt from his 1994 diary, and "life on the road" staying at Travelodges, playing at under-18s discos alongside Bad Boys Inc, and dodging flying ashtrays miming to their single, Why Me? It's not the last we'll hear from that teenage secret diary, I sense.

Dec has been listening to Fearne Cotton's Happy Place and The Rest is Entertainment for inspiration and to get a feel for the podcast landscape. But, come on, they don't really need any lessons in entertaining the nation. Expect Newcastle United wobble-gobbing, and lots of listener interaction too, starting off with a fan who's named his baby after both of them – a great honour, although less so for the one bumped to the "droppable" middle name, who gets a sulk on.

More gripes incoming with their "Let's Get Ready to Grumble" section – a free pass for anyone to moan. Which Dec is happy to do.

Episodes drop every Thursday, with a bonus "Mystery Door" show on Mondays, where they don't know who or what is lurking behind a door.

They've been in our living rooms for decades but this is a chance to get to know them a little more intimately. It's going to be huge.

STRANGE HEALTH

Lots of us are still wearing the cloak of guilt after a Baileys-soaked Christmas, which makes the idea of a purge and liver love more alluring.

But before you start squeezing your beetroots or putting onions on your feet (a real actual thing happening online), listen to the first episode of this new show, which looks into whether health trends work and what is social media claptrap.

Katie Edwards, health editor at The Conversation, is joined by Bristol GP and university lecturer Dan Baumgardt throughout this video series, and for the detox special, a liver expert brings a dose of reality too.

Charcoal, green tea, coffee enemas, milk thistle tablets and vitamin E are under the microscope, as are detox foot patches, and it's a fun, smart, non-preachy look at what could do us good versus the schlock on TikTok people are daft enough to try.

SCREW THIS...

People are terrible and the UK is divided and doomed. Get this new series in your ears and you may feel differently.

Maryam Pasha and Matt Golding are touring the nation meeting ordinary people uniting to achieve extraordinarily useful things. The key seems to be not taking no for an answer.

First up: Lawrence Weston in Bristol, and a group of cheesed-off residents who felt forgotten by politicians. They admit they were low on knowledge and cash, but it didn't stop them knocking on 3,000 doors to discover everyone's local gripes then fixing them: getting a Lidl built, plus an allotment, bus service, community centre and England's biggest wind turbine, which is 100% community-owned and makes £100k a year.

More from Hull, Birmingham, Northern Ireland and Shropshire, with J Bloggs trying something new to make their patch feel happier and less hopeless. Lovely stuff.

Winter. Available to Pre-order while stocks last
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FIERY-RED POLYANTHUS SHOWSTOPPER

- Plant type: Perennial
- Flowering period: February - April
- Position: Full sun / part sun / part shade
- Height / Spread in maturity: 30cm/30cm
- Temperatures: Hardy down to -10°C
- Good for: Borders, pots, containers, pollinators, low-maintenance gardens, ground cover, cuttings, front of beds, baskets

For many gardens, the gap between winter and spring feels long, and Polyanthus Showstopper Fire Dragon helps bridge it. Fiery red flowers with golden yellow centres rise above tidy evergreen rosettes, bringing early colour to borders and pots. This hardy primula prefers partial sun and moist, well-drained soil. Plant in autumn or early spring for best results. Regular deadheading encourages extended flowering. Supplied as one plant in a 1L pot, it suits both novice and experienced UK gardeners.

yimbly.com/garden7 Quote OfferGDN7 Offer ends 31st January

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Trustpilot

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Winter Sale

Reader Offer in partnership with Yimbly.com

RECLINING VELVET ARMCHAIR WITH FOOTSTOOL

Create the ultimate relaxation corner in your home with this Velvet Armchair and Footstool. Upholstered in luxurious frosted velvet and supported by durable metal legs, the chair provides soft, comfortable seating with ergonomic support. Its high padded back and angled armrests ensure excellent posture, while the three-gear adjustable backrest allows you to recline from 110° upright to a full 180° lounge position. The matching footstool doubles as a leg rest or extra seating, enhancing the set's versatility. Ideal for reading, watching TV, or unwinding after a long day, this armchair and footstool set combines style, comfort, and practicality for any modern living space.

- ✓ Armchair size: W60 x D84 cm
- ✓ Footstool size: H38 x W57 x D47 cm
- ✓ Upholstered with soft frosted velvet
- ✓ Manual recline from 110° to 180°
- ✓ Self-assembly required

yimbly.com/Offer136 Quote **Offer136** Offer ends 31st January

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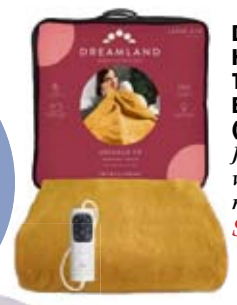
Trustpilot

CASH QUEEN BE A SAVVY SHOPPER

Edited by **LAURETTE ZEIMER**

Feel warm inside with winter deals

LIVING ROOM



DREAMLAND HEATED THROW BLANKET (MUSTARD)
John Lewis, was £69.99, now £55.99
SAVE: £14

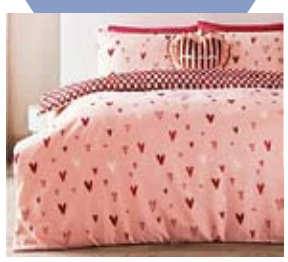
PETIT FOLKSTONE STRIPE ARMCHAIR
Dunelm, was £169, now £135.20
SAVE: £33.80

GREY OTTOMAN FOOTSTOOL
Debenhams, was £119, now £64.60
SAVE: £54.40

AMELIA TABLE LAMP
Marks & Spencer, was £69, now £48.30
SAVE: £20.70

RIBBED COFFEE TABLE
Online Home Shop (onlinehomeshop.com), was £40, now £34
SAVE: £6

BEDROOM



KING SIZE PINK AND RED HEART DUVET SET
Matalan, was £16, now £12.80
SAVE: £3.20

LYNTON TWO DRAWER BEDSIDE TABLE
Dunelm, was £99, now £79.20
SAVE: £19.80

PINEAPPLE ELEPHANT CUSHION (TERRACOTTA)
House of Fraser, was £26, now £8
SAVE: £18

RIDGED LEAN TO MIRROR (CREAM)
The Range, was £99.99, now £49.99
SAVE: £50

KUKOON LOW PILE RUG
Debenhams (120cm x 170cm), was £94.95, now £85.46
SAVE: £9.49

TAKE 5... STRIPES

1 Multi Stripe Pull On Wide Leg Trousers,
£26, Next
BEST FOR...
lounging about

2 Pink Striped Scalloped Vase,
£12, Matalan
BEST FOR...daffodils

3 Ciao Bella Ankle Socks,
£8.50, Oliver Bonas
BEST FOR...feet

4 Bowls,
£12.99, Robert Dyas
BEST FOR...feasts

5 Five-Pack Pure Cotton Woven Boxers,
£30, Marks & Spencer
BEST FOR...
undies

BUDGET OR BUST: FANCY GRATERS

SAVVY
Chef 'n Tower 2-in-1 Tower Plane Grater
£15.99, The Range

SPEND
KitchenCraft Stainless Steel Grater with Container
£17.60, Dunelm

SPLURGE
OXO Good Grips Box Grater, Slicer and Zester
£28, John Lewis

We've still got a chunk of winter to get through and there's nowhere quite like home to stay cosy. Sprucing things up can give you an extra lift too, so pick up the last of the January bargains and brighten up your nest without breaking the bank with these deals to keep home fires burning.

BATHROOM

THREE LAYER TROLLEY CART
Online Home Shop (onlinehomeshop.com), was £12, now £8
SAVE: £4

EBB AND FLO PENTLE TAPS BATH SHOWER MIXER
Toolstation, was £84.98, now £76.48
SAVE: £8.50

EGYPTIAN BATH TOWEL (DEEP PLASTER)
John Lewis, was £20, now £16
SAVE: £4

DARK WOVEN NARROW LAUNDRY BASKET
Matalan, was £35, now £28
SAVE: £7

BATHROOM STORAGE CABINET
Robert Dyas, was £34.99, now £28.99
SAVE: £6

KITCHEN

BAMBOO TOP KITCHEN TROLLEY
Robert Dyas, was £161.99, now £126.99
SAVE: £35

GEORGE HOME MARBLE SOFTGRIP PAN SET
George Home at Asda, was £65, now £45
SAVE: £20

SET OF SIX CLASSIC WHITE WINE GLASSES
Marks & Spencer, was £45, now £31.50
SAVE: £13.50

KITCHEN MASTER FOUR SLICE TOASTER (CAPPUCCINO)
The Range, was £32.99, now £27.99
SAVE: £5

DRAINER DISH RACK
House of Fraser, was £9.99, now £4.99
SAVE: £5

*ALL PRICES CORRECT AT TIME OF GOING TO PRESS

TOP 10 FROZEN FOODS

SAVOURY

Goodfella's Stonebaked Pizza (332g), Iceland, £3, 3 for £5
SAVE: £4

Young's Gastro Tempura Basa Fillets (310g), Asda, £4.98, 3 for £10
SAVE: £4.94

Beef Lasagne (400g), Morrisons, £2, 3 for £5
SAVE: £1

McCain 4 Baked Jacket Potatoes (800g), Tesco, £3.70, £3 with Clubcard
SAVE: 70p

Strong Roots Oven Baked Sweet Potato Fries (500g), Ocado, was £3.65, now £2.50
SAVE: £1.15

SWEET

Las Iguanas Dipping Churros (265g), Iceland, £4.25, 2 for £8
SAVE: 50p

Halo Ice Cream Gooey Brownie (460ml), Asda, was £5.18, now £3.74
SAVE: £1.44

M&S Sicilian Tart Frozen (790g), Ocado, was £12.50, now £3.13
SAVE: £9.37

Little Moons Refreshos Very Berry (6x32g), Tesco, £5, £3.50 with Clubcard
SAVE: £1.50

Pret A Manger Almond Croissants (280g), Morrisons, was £3.75, now £3.30 *SAVE: 45p*

GRAB IT

Fragrance-led household cleaning brand Fabulosa has unveiled its Amber, Oud & Vanilla All In One Cleaning Pack – a six-piece collection that delivers standout value at less than £1 per product, without compromising on fragrance or performance. Inside the box, available exclusively at Morrisons for £5, shoppers will find a complete home-cleaning line-up, including a 220ml Concentrated Disinfectant, two 500ml Multi-Purpose Cleaners, a 250ml Washing Machine Cleaner, a 500ml Fabric Freshener and a 60ml Toilet Perfume, offering fragrance across every room in the home.

CLICK & SAVE

Co-op is kick-starting 2026 with a month of free delivery from its online store to help shoppers after a period of festive celebrations and higher household spending. Throughout January, all customers who spend more than £25 on coop.shop will get free delivery for their groceries, which usually costs £1.99. Additionally, this free delivery offer can be used for multiple orders throughout the month. To redeem free delivery, enter the online code "FD2026" at the checkout.

STOCK UP

To help us out with Veganuary, Beyond Meat has launched Beyond Tenders (200g) at Tesco and Sainsbury's. These mouth-watering, chicken-style tenders are golden and crunchy on the outside yet irresistibly juicy on the inside. Convenient and easy to cook in the oven or air fryer, they are a simple swap for animal meat in a salad, wrap, tacos or simply with your favourite dip. Tesco £3.25, or £2 with a Clubcard, and Sainsbury's £3.

WHAT'S NEW

If these dark mornings are getting the better of you, welcome Flahavan's More Than Oats into your lives. With benefits such as cholesterol and gut health support, it is porridge sprinkled with goodness in every bowl. Available in two "oat-standing" flavours – Cranberry (400g) and Apple & Bilberry (400g) – each blend brings together Ireland's favourite wholegrain oats with real fruit pieces and carefully selected seeds. Available now in Waitrose, in-store and online, £3.60.

FED UP dragging out a big vacuum for little messes? With Ryobi's 4V USB Lithium™ Cordless Hand Vac, small jobs are never hard work...

*Life's little messes? Sorted! Ryobi's new **4V USB Lithium™ Cordless Hand Vac** delivers powerful suction in a stylish, lightweight body. With its charging base to hand, it's always on for quick, easy clean-ups wherever they happen in and around your home!*

Limited Time Offer **SAVE £40!**

Crumbs on the counter, pet hair on the sofa, grit in the car? Everyday messes appear everywhere. That's where this slim, lightweight Hand Vac comes in. Weighing-in at just 600g, it's comfortable to use one-handed, yet powerful enough to suck up dirt and debris in seconds.

Choice of cleaning modes
At the press of a button, the advanced frictionless motor delivers up to 30 air watts of suction. Switch to eco mode for longer run time, or boost mode when you need extra muscle for stubborn dirt. With a 150ml dirt canister and washable HEPA 11 filter, it's quick to empty and simple to keep fresh.

Trustpilot 4.6/5
Ryobi is rated 'Excellent'
Over 65,000 reviews

"It is so slim that it gets into all the small places but the suction does not suffer because of it."
Carole Aston 15/01/2026

Freestanding charging base
Always ready when you are, the Hand Vac sits neatly in its charging base — freestanding on your counter or wall-mounted for tidy storage. And with three included attachments — brush, crevice and upholstery — you'll make short work of every corner, blind and cushion in the home.

Power bank batteries!
Better still, the two 2.0Ah USB Lithium™ batteries that power the vac also double-up as a portable mobile device charger to keep you powered-up on-the-go!

Limited Time Offer
Save £40! This 4V USB Lithium™ Cordless Hand Vac Kit is yours today for only £89.99, with free†† nationwide delivery and Ryobi's 3-year guarantee! Or make 3 easy payments of just £29.99 when you pay with Klarna.

USB LITHIUM
It's a battery and a power bank, too!
Includes 2x USB Lithium™ Batteries
Easy one-hand operation
BOOST MODE — AND — ECO MODE
RYOBI

Grab-and-Go Suction Power... For Quick And Easy Cordless Clean-Ups!

Powerful suction and lightweight, cordless freedom that's always on-hand ready to clean!

- ✓ **Stairs & Sofas**
- ✓ **Kitchen Tops**
- ✓ **Blinds & Curtains**
- ✓ **Dog & Cat Hair**
- ✓ **Cars & Outdoor**

1 × Brush Attachment
1 × Crevice Attachment with handle
Sleek, stylish stand-alone design looks good wherever you decide to keep it...
Freestanding or can be wall mounted
Wall Mountable Charging Base Station

WHAT'S IN THE BOX
Your 4V USB Lithium™ Hand Vac Starter Kit includes:
● 4V USB Lithium™ Hand Vac & Charging Station (RHV44-220G) ● 4V USB 2 x 2.0Ah Batteries & Power Bank ● USB Charging lead ● 3 Extra Cleaning Attachments ● 3 Year Guarantee*

USB LITHIUM

Portable power for everyday

The RYOBI 4V USB Lithium™ range combines cordless convenience and portability thanks to its removable battery, which not only powers any 4V tool, but doubles as a power bank to charge mobile devices.

SAVE £40†
Incl. 2 x 4V USB Lithium™ Power Bank Batteries and Charging Station

NOW ONLY £89.99
incl. FREE Delivery to GB Mainland only
††Further restrictions may apply

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Subject to availability. Your right to cancel will last for 14 days after receipt of goods. If you change your mind during this period, provided the goods remain unused & in original packaging, you can notify us of cancellation. *Registration required for guarantee extension from 2–3 years. †Saving against RRPs of kit components. ††Free 3-5 day delivery to GB Mainland only – restricted delivery postcodes: BT, IM, JE, GY, HS, IV4, KA2, KW, PA, PH4, ZE, TR2. Register within 30 days of receipt of goods at RyobiTools.co.uk. Product sold by Techtronic Industries (UK) Limited, company registration: GB 551396338. All rights reserved. For full terms & conditions of sale please visit RyobiTools.co.uk. RYOBI is a Trade Mark of Ryobi Limited, and is used under license. Trustpilot score correct as of September 2025

RYOBI

TODAY'S TV ONES TO WATCH

by **MIKE WARD** *TV critic*

Pick of the day
THE TRAITORS
BBC1, 8.30PM

MONTY DON'S RHINELAND GARDENS, BBC2, 8PM

AS he continues his epic journey down the Rhine (or is it up..?), Monty is rendered almost speechless, although fortunately not quite, by the magnificent sights and the stunning scenery unfolding before him.

Further along, where he reaches Germany's industrial heartland, things aren't always quite so pretty, but even here they've been showing nature due respect.

In one of the places he visits, long-disused factories have been left standing, their rusting shells now wrapped in the greenery that's been allowed to run rampant.

It really is quite extraordinary. That, and ugly as heck, obviously.

JANE MCDONALD: FROM POLE TO POLE, 5, 8PM

OFF the coast of São Paulo, Jane is being taken to see some so-called singing rocks. "They're not usual rocks," her guide promises. "They make sounds like bells!" If she's tempted to reply: "Do they heck, love", she wisely resists.

Wisely, that is, because it turns out they really do. Bash them with a smaller rock and they clang. So, technically they're clanging rocks, not singing ones, but hey, near enough. Later Jane performs a Duran Duran song – and it's an apt one. "Her name is Rio!" she clangs.

YOURS FAITHFULLY? *Claudia and the hopefuls this series*

KEEPING IT REAL NEEDS A RETHINK

UNTIL recently, when writing about members of the public who appeared on TV, I had a golden rule: don't be too mean. After all, these weren't celebs, forever turning up on our screens and earning crazy money for doing so. These were just normal people like you and me, enjoying a brief taste of the spotlight (and, yes, I do know a spotlight can't be "tasted", but it's Friday and my vocabulary tank is running dry).

Looking back, however, on this fourth series of The Traitors, which ends tonight, I'm wondering if this rule of mine – "play nice when it's real people" – needs a rethink. Because, let's not beat about the bush here, some of these real people have acted like, excuse my language, gits. Way more than the celebs on their own Traitors series.

To some extent, I get it. Without an "image" to protect, nor a lucrative showbiz career, why should they give two hoots for our opinion? Even so, it's felt at times as if the fact this is merely a game – albeit one with a big prize – has escaped the attention of some of this year's bunch. I'm all for playing dirty on The Traitors, but you can still do that with your tongue in one of your cheeks (don't try putting it in both, it really hurts).

As part of my rethink, I've decided that my respect for any normal person appearing on TV should hinge on what they do for a living. If they do something that brings joy to the world – healing animals, say, or knitting woollen bonnets for pillar boxes (although I'm not sure that's technically classed as a job) – I should go easy on them.

If, on the other hand, they're a meany lawyer or one of those people who grills you for 20 minutes before deciding if they let you see your GP some time before you die, I'll be as mean as I'd be to, say, Gary Lineker.

Gone are the days when "ordinary" people on TV looked like rabbits in headlights. Now they're as bold and brazen as you like.

Still, maybe that's a smart ploy, particularly for those who back at their day job might be feted as heroes for that very reason.

If their boss says: "I never knew you could be so horrid. Have a fat pay rise, I've got plans for you", then I guess they've played a blinder.

BEST LIFESTYLE
AMANDA & ALAN'S GREEK JOB BBC1, 7.30PM

In Amanda Holden and Alan Carr's property, the kitchen needs the most love. It's got cracks in the wall, ivy growing out of the windows and a roof on the verge of collapse.

BEST DOC
DAVID BADDIEL: CAT MAN C4, 8PM

David meets the so-called ugliest cat on the internet, hears the stories of some remarkable rescue felines and goes on to explore the world of cat shows.

BEST DRAMA
ASTRID: MURDER IN PARIS MORE4, 9PM

An unknown woman is found dead on a park bench, a victim of a poisonous sting. Astrid (Sara Mortensen) realises it's the signature murder of Mafia hitman, the Reptile.

BEST FILM
THE INBETWEENERS MOVIE C4, 11.05PM

Comedy based on the popular TV series, the four friends go on holiday to the Greek party town of Malia, where the mix of sun, booze and teenage hormones leads to trouble.

TODAY'S PREVIEWS ARE ON THE PREVIOUS PAGE

FILM RATINGS

★★★★★ BRILLIANT
★★★★ VERY GOOD
★★★ GOOD
★★ AVERAGE
★ BAD

(R) REPEAT

ALL PROGRAMMES ARE LISTED IN GREENWICH MEAN TIME (GMT).

BBC One

6.00am Breakfast News headlines.
9.30 Morning Live Magazine.
10.45 Rip Off Britain: Holidays The holidaymakers caught up in a major hotel fire in Turkey.
11.30 Homes Under the Hammer Featuring properties in Leek, Selly Park and Aberfan. (R)
12.15pm Bargain Hunt A special episode that is devoted to garden-related collectibles.
1.00 BBC News at One; Weather
2.00 Father Brown Sullivan's Aunty Pat is arrested.
2.45 Escape to the Country A young Essex couple seek a new home in Somerset.
3.45 Garden Rescue Charlie Dimmock revisits a formal garden she designed and built five years ago. (R)
4.30 The Travelling Auctioneers Auctioneer Briony Harford and restorer JJ Chalmers help a woman to clear her parents' home. Last in series.
5.15 Pointless Quiz, hosted by Alexander Armstrong. (R)
6.00 BBC News at Six; Weather
6.30 Regional News; Weather

BBC Two

6.30am The Travelling Auctioneers (R)
7.15 Escape to the Country A retired couple search for a home in East Sussex. (R)
8.00 Sign Zone: Digging for Britain A cross-continental investigation into Admiral Nelson's favourite ship. (R)
9.00 BBC News Headlines.
12.30pm Political Thinking with Nick Robinson The journalist talks about what's really going on in British politics.
1.00 LIVE **Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea, Norfolk, featuring the second and third open singles quarter-finals.
5.15 Flog It! Paul Martin and the team are in Sheffield. (R)
6.00 Richard Osman's House of Games With Nadia Jae, Nigel Planer, Tamzin Outhwaite and Steen Raskopoulos.
6.30 Robson Green's Weekend Escapes Robson and his uncle Matheson discover Hepple Estate in Northumberland. Last in series.

ITV1

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.
9.30 Lorraine Entertainment and the latest fashion news.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV News; Weather
1.55 Regional News; Weather
2.00 Dickinson's Real Deal David Dickinson and his team are in Port Sunlight on the Wirral in Merseyside.
3.00 Time Is Money Quiz show, hosted by Sara Davies.
3.59 Regional Weather
4.00 Deal or No Deal Wendy gets her chance to open the iconic red boxes.
5.00 The Chase Emma, Oscar, Meg and Michael take part.
6.00 Regional News; Weather
6.30 ITV Evening News A round-up of the day's news headlines; Weather

Channel 4

6.25am Cheers Triple bill. (R)
7.50 Everybody Loves Raymond Triple bill of the comedy. (R)
9.10 Frasier Four episodes. (R)
11.10 American Pickers Mike Wolfe and Frank Fritz meet a former arms dealer and her judo champion husband. (R)
12.05pm Channel 4 News
12.10 Car S.O.S Fuzz Townshend and Tim Shaw secretly restore a classic 1971 sports car. (R)
1.10 Find It, Fix It, Flog It A former milking parlour overflowing with unwanted stuff. (R)
2.10 Countdown Broadcaster Jo Good is in Dictionary Corner.
3.00 A Place in the Sun Jasmine Harman helps Lauren and Jason find a holiday home in Tuscany, Italy. (R)
4.00 A New Life in the Sun In Spain, Sharon and Bongo finally launch their bespoke holiday business.
5.00 Junior Bake Off The finalists battle it out in the final.
6.00 A Place in the Sun A couple seek a holiday home on Spain's Costa Almeria.

5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
11.30 Storm & Alexis Discussion and debate, with Storm Huntley and Alexis Conran.
12.45pm 5 News at Lunchtime
12.50 Matt Allwright Debate on the day's biggest stories.
2.00 Vanessa Discussion show, presented by Vanessa Feltz.
3.00 The Madame Blanc Mysteries When a woman is shot at a bus stop, Caron is surprised to see her holding a carrier bag from Jean's shop. Drama, with Sally Lindsay. (R)
4.00 Bargain-Loving Brits in the Sun Love is in the air as DJ Jessie goes on a blind date, big, new money-making plans, working on building a venue to host events and functions.
5.00 5 News at 5 Headlines.
6.00 The Travel Show: How to Have a Great Holiday Paul Merton paddleboards in Snowdonia, while Larry and George Lamb brave the haunted Chillingham Castle. Last in series. (R); 5 News

9.45pm, THE TRAITORS: UNCLOAKED: Ed Gamble

8pm, MONTY DON'S RHINELAND GARDENS: Monty

8pm, EMMERDALE: Ray

8pm, DAVID BADDIEL: CAT MAN: David Baddiel

8pm, JANE MCDONALD: FROM POLE TO POLE: Jane McDonald

7

7.00 The One Show With Clara Amfo and Alex Jones.
7.30 Amanda & Alan's Greek Job Amanda Holden and Alan Carr show some love to the heart of the home, the kitchen. With ivy growing out of the windows, their work is cut out.

7.00 Winterwatch Chris Packham, Michaela Strachan and Iolo Williams spend a final evening at Mount Stewart. They celebrate the resilience and beauty shown by wildlife during these cold winter weeks. Last in series.

7.30 It'll Be Alright on the Night Tom Allen celebrates broadcast bloopers featuring Idris Elba, Paul Rudd, Alan Carr, Gemma Collins, Ant and Dec, Susanna Reid, Helen Skelton, and the cast of Coronation Street.

7.00 Channel 4 News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.

7.00 Heat Pumps: Are They Really Worth It? Alexis Conran investigates whether heat pumps live up to the hype, examining the pros and cons to help consumers choose the best option for their homes. (R); 5 News Update

8

8.00 Would I Lie to You? Comedy panel show, with Jo Brand, Josie Gibson, Beverley Knight and Alasdair Beckett-King.
8.30 The Traitors As the finalists head to breakfast, they look back on their survival in the game. In the ultimate game of deception and trust, the faithful hope to weed out all the traitors and be victorious, though any traitors remaining undetected will secure the life-changing sum of money all for themselves. Last in series.

8.00 Monty Don's Rhineland Gardens Monty travels beside the busy thoroughfare of one of Europe's most important rivers, the Rhine, through Germany. Along the way, he discovers an extraordinary range of diverse gardens.

8.00 Emmerdale In the shocking aftermath of Ray's death, the corpse has to be moved.
8.30 Coronation Street Will's old racing pal from Hull reconnects with Megan, and Shona contemplates tracking down her father.

8.00 David Baddiel: Cat Man The comedian, writer and lifelong cat devotee continues his nationwide journey to meet extraordinary cats and their owners. In this episode, he meets the so-called ugliest cat on the internet.

8.00 Jane McDonald: From Pole to Pole The presenter takes a guided tour of Ilhabela off the coast of Sao Paulo. Sailing along the Costa Verde coastline, Jane stops at Paraty, to explore the biodiverse mangroves by kayak.

9

9.45 The Traitors: Uncloaked All the finalists join Ed Gamble for their first interviews. Plus, memorable moments and some hitherto unseen footage from the castle. Last in series.

9.00 Mystery Road: Origin Jay's brother is blamed for a shooting, then another child vanishes, so the detective turns to extreme methods.
9.50 Natural World The work of staff at a jungle animal hospital in Guatemala. (R)

9.00 Beat the Chasers Bradley Walsh hosts as five more contestants from across the country – Ellie May, Yinka, Carl, Helen and Charles – look to win big money. However, they will have to take down a team of six Chasers. (R)

9.00 8 Out of 10 Cats Does Countdown Jimmy Carr hosts the comedy words-and-numbers quiz, with Jon Richardson and Roisin Conaty taking on new team captain Rob Beckett and Kiell Smith-Bynoe.

9.00 The 70s: Everything We Loved & Lost Remembering precious products from the 1970s, celebrating must-have toys, cutting-edge technology and favourite foodstuffs from that most colourful of decades. (R)

10

10.30 BBC News at Ten A round-up of today's national and international headlines, with sport and weather reports.

10.00 QI Sandi Toksvig goes willy-nilly through the letter W as she and Alan Davies are joined by Josh Widdicombe, Catherine Bohart and Russell Kane.
10.30 Newsnight Headline analysis with Matt Chorley; Weather

10.00 ITV News at Ten; Weather
10.30 Regional News; Weather
10.45 FILM **The Taking of Pelham 123** (2009, 15) Criminals hijack a crowded New York subway train and threaten to start shooting the passengers unless a $10million ransom is paid in one hour. However, the transport supervisor they issue their demands to begins to suspect the plot is part of an even grander scheme. Tony Scott's thriller remake, with Denzel Washington and John Travolta. ★★★

10.00 Taskmasterclass Greg Davies and Alex Horne look over clips from Taskmaster history, including Al Murray's shameless bribery, Munya Chawawa's flagrant cheating and the visceral fury of James Acaster and Aisling Bea.

10.30 Katie Price: Where Did All the Money Go? Documentary looking at the finances of the model and author, exploring the financial pitfalls of fame and what it's like to navigate and manage bankruptcy so publicly. (R)

11

11.00 Regional News; Weather
11.10 The Graham Norton Show The host is joined by Ant and Dec, actress Claire Foy and singer and Stranger Things star Joe Keery. Plus, rapper Tinie Tempah performs his current single Energy.

11.00 FILM **The Eternal Daughter** (2022, 12) Premiere. A film maker and her mother return to the home of a relative in the North Wales countryside, and confront long-buried secrets. Drama, starring Tilda Swinton. ★★★★

11.05 FILM **The Inbetweeners Movie** (2011, 15) The awkward teenagers head to Greece for a wild holiday – but things do not go to plan. Comedy, with Joe Thomas, Simon Bird, James Buckley and Blake Harrison. ★★★★

11.30 When Luxury Holidays Go Wrong People whose holidays ended in disaster, including a man whose plan to propose to his girlfriend on a Cape Verde beach was shattered by an injury that left him in agony. Glynis Barber narrates.

12 MIDNIGHT

12.00m't NEW The Traitors Ireland. Double bill. Siobhan McSweeney hosts the murder mystery game; the game gets personal as ripples from the traitors' first murder sends shockwaves and suspicion throughout the castle. **1.45** Weather for the Week Ahead **1.50-6.00am** BBC News. Headlines.

12.30am Sign Zone: Maxed Out: The Credit Card Trap – Panorama (R) **1.00** Sign Zone: Lucy Worsley's Victorian Murder Club (R) **2.00** Sign Zone: Winterwatch (R) **3.00** Sign Zone: Robson Green's Weekend Escapes (R) **3.30** Sign Zone: Global Eye (R) **4.00-6.45am** This Is BBC Two

12.25am Shop on TV **3.00** Tour de Fred – Ireland: Part Deux. Fred cycles through Waterford and Cork. He joins a traditional singing session in an Irish-speaking community and has his taste for history rewarded with a trip to Spike Island. (R) **3.50** Unwind with ITV **5.05-6.00am** Deal or No Deal (R)

12.55am Ramsay's Kitchen Nightmares USA. A restaurant on Long Island. (R) **1.45** Couples Come Dine with Me. Three couples compete in north Devon. (R) **2.40** Jamie's £1 Wonders. A recipe for home-made gnocchi. (R) **3.35** Four in a Bed (R) **5.55-6.10am** Sunday Brunch (R)

1.00am PlayOJO Live Casino Show **3.00** Ice Age: A Frozen World (R) **3.50** Save Money on Your Supermarket Shop. Angellica Bell investigates 'magic bags'. (R) **4.35** The Highland Vet (R) **5.25** Entertainment News on 5 **5.35** Ben and Holly's Little Kingdom (R) **5.45-6.00am** Milo (R)

ITV2 FREEVIEW 6

6.00am CITV **7.30** Celebrity Dinner Date **8.30** Olivia Marries Her Match **9.25** The Only Way Is Essex **10.25** The Real Housewives of Miami **11.15** The Real Housewives of Beverly Hills **12.10pm** Dinner Date **1.15** Celebrity Dinner Date **2.15** The Only Way Is Essex **3.15** The Real Housewives of Orange County **4.10** The Real Housewives of Miami **5.00** The Real Housewives of Beverly Hills

6.00 Celebrity Catchphrase

7.00 Deal or No Deal Gameshow.

8.00 The Real Housewives of Orange County Shannon's 60th birthday extravaganza continues with a sour air.

9.00 Love Island: All Stars Famous former Islanders get another shot at finding love.

10.05 Olivia Attwood: Getting Filthy Rich

11.05 Family Guy Double bill.

12.05am American Dad! **1.05** Bob's Burgers **1.35** Olivia Attwood's Bad Boyfriends **2.35** Unwind with ITV **3.00-6.00am** Teleshopping

ITVQuiz FREEVIEW 28

9.00am Deal or No Deal **10.00** Tipping Point **1.00pm** Lingo **2.00** Tenable **3.00** In with a Shout **4.00** Riddiculous **5.00** Deal or No Deal. Gameshow.

6.00 Lingo Triple bill. David and Matthew, Claire and Kayleigh and Saifo and Kakul compete; Douglas and Louise, Karen and James, and Katie and Sophie compete; facing off this time are mates Gillian and Scott and Donna and Antonia.

9.00 Alan Carr's Epic Gameshow – Celebrity Special A celebrity special of '90s classic Strike It Lucky, with the celeb pairings featuring king of interiors Laurence Llewelyn-Bowen, Good Morning Britain's Richard Arnold and Ranvir Singh, and Emmerdale and Strictly star Kelvin Fletcher all battling it out to win £20,000 for charity. Can they avoid the dreaded hotspots and come out on top?

10.00 Tipping Point Double bill.

12.00m't Tipping Point **12.55** Tenable **1.50** Unwind **2.00-9.00am** Teleshopping

BBC3 FREEVIEW 23

7.00pm The Catch Up The day's news.

7.05 SpongeBob SquarePants

7.30 Waterloo Road Double bill. Nicky's instincts tell her something is wrong with Tonya; as Tonya struggles with the aftermath, Nicky struggles with her confidence.

9.30 Our Girl Double bill. After a mission goes wrong, 2-section find themselves taking casualties; trapped in the middle of Afghanistan in a sandstorm without support, the team faces a dangerous drive back to Kabul in a commandeered truck.

11.30 FILM **Ben Is Back** (2018, 15) A drug-addicted teenage boy shows up unexpectedly at his family's home on Christmas Eve. Drama, with Julia Roberts and Lucas Hedges. ★★★

1.05am Stacey Dooley: Costa del Narcos **2.05** Things You Should Have Done: three episodes **3.35-3.55am** My Mate's a Bad Date

BBC4 FREEVIEW 9

7.00pm TOTP: 1999 Double bill. Featuring Blondie, Next of Kin, Unkle ft Ian Brown and Barenaked Ladies; archive hits from The Corrs, NSYNC, Lauryn Hill, Lucid, Lenny Kravitz, Whitney Houston, and more.

8.00 TOTP: 1981 Featuring Spandau Ballet, XTC and Bad Manners.

8.30 TOTP: 1992 With 2 Unlimited, Shakespears Sister and Genesis.

9.00 TOTP: 1976 Double bill. Featuring Abba, Hot Chocolate and Brotherhood of Man; with Gilbert O'Sullivan and Brotherhood of Man.

10.20 Carole King and James Taylor: Just Call Out My Name The careers of both performers.

11.55 Carole King: In Concert A 1971 performance by Carole King.

12.25am James Taylor: In Concert **1.10** Carole King: Home Again – Live in Central Park **2.30-3.30am** Carole King and Her Songs at the BBC

GB News FREEVIEW 236

6.00am Breakfast with Stephen and Ellie **9.30** Britain's Newsroom **12.00noon** Good Afternoon Britain **3.00** Martin Daubney. Updates.

6.00 Dewbs & Co Plain-speaking, straight-talking – Michelle Dewberry delivers her take on the day's news.

7.00 Lee Anderson's Real World Lee Anderson brings his Real World show to the Great British public.

8.00 Friday Night with Matt Goodwin Matt Goodwin explores how we fix the problems facing the country.

9.00 Patrick Christys Tonight Replay Join Patrick for two hours of spirited debate and news making interviews.

11.00 Patrick Christys Tonight Late Edition Discussion and debate.

12.00m't The Late Show Live **2.00** Lee Anderson's Real World Replay **3.00** Patrick Christys Tonight Replay. Current affairs. **5.00-6.00am** Patrick Christys Tonight Late Edition

U&Dave FREEVIEW 19

6.00am Teleshopping **7.10** World's Most Dangerous Roads **8.00** Border Force: America's Gatekeepers **10.00** Guy Martin: Proper Jobs **11.00** Rick Stein's Taste of Shanghai **12.00noon** Bangers & Cash **2.00** Robson's Extreme Fishing Challenge **3.00** Top Gear **5.00** Hairy Bikers' Best of British

6.00 Rick Stein's Taste of Shanghai

7.00 QI Stephen Fry grills Alan Davies, Phil Kay, John Sessions and Clive Anderson on bills, Bens and buildings.

7.40 Richard Osman's House of Games

9.00 QI XL Stephen Fry poses questions about people whose names begin with 'J' to Katy Brand, Sue Perkins, David Mitchell and Alan Davies.

10.00 Have I Got a Bit More News for You

11.00 Taskmaster: Champion of Champions A two-part special.

12.00m't Mock the Week **12.40** Would I Lie to You? **2.00** Not Going Out **3.25** Gavin & Stacey **4.00-6.00am** Teleshopping

U&Drama FREEVIEW 20

6.00am Teleshopping **7.15** The Bill **8.05** Doctors **9.20** Classic Holby City **10.25** Classic Casualty **11.40** The Bill **12.40pm** Classic EastEnders **2.00** All Creatures Great and Small **3.00** Howards' Way **4.10** Bergerac **5.20** The Thin Blue Line

6.00 To the Manor Born A massive Rolls-Royce repair bill forces Audrey to revert to real horse power.

6.40 Last of the Summer Wine Double bill.

8.00 Father Brown Double bill. A baby is kidnapped; Lady Felicia's niece is suspected of murder. Mark Williams stars.

10.00 New Tricks An old friend asks Gerry to investigate the murder of his grandson, and Sasha is forced to work with her ex-husband. Dennis Waterman stars.

11.20 Waking the Dead A dog's discovery provides the team with a new clue.

12.40am Sister Boniface Mysteries **1.40** The Thin Blue Line **2.25** To the Manor Born **3.25** Catch Me a Killer **4.00-6.00am** Teleshopping

E4 FREEVIEW 13

6.00am Modern Family **6.55** Rude(ish) Tube Shorts **7.00** Junior Bake Off **8.00** Ramsay's Kitchen Nightmares USA **9.00** The Goldbergs **10.00** Modern Family **11.00** Ramsay's Kitchen Nightmares USA **1.00pm** Brooklyn Nine-Nine **2.00** The Simpsons **3.00** The Goldbergs **4.00** Modern Family **5.00** Brooklyn Nine-Nine

6.00 The Simpsons Four episodes.

8.00 Britain's Most Expensive Houses Jersey's most exclusive properties.

9.00 Gogglebox: Celebrity Special for SU2C Tom Daley, Charlotte Church, and Gordon and Tilly Ramsay join the regular cast. Programmes appraised include The Watcher and I Can See Your Voice.

10.00 FILM **Salt** (2010, 12) Action thriller, starring Angelina Jolie. ★★★

12.00m't Naked Attraction **1.05** Gogglebox: Celebrity Special **2.10** Britain's Most Expensive Houses **3.05** Naked Attraction **4.00** The Goldbergs **4.50-6.00am** Don't Tell the Bride

More4 FREEVIEW 18

8.55am Food Unwrapped **9.30** Find It, Fix It, Flog It **10.25** A Place in the Sun **11.30** Come Dine with Me **2.10pm** Four in a Bed **4.50** A Place in the Sun **5.55** Car S.O.S

6.55 Car S.O.S Tim and Fuzz are taking on their 100th car, which is also going to be their first electric conversion – a 1978 MG, which the owner inherited from her father.

7.55 The Dog House A saluki puppy called Harry has the cutest kangaroo jumps, but it remains to be seen whether he will prove the perfect pooch for Charlie and Ali.

9.00 NEW **Astrid: Murder in Paris** An unknown woman is found dead on a park bench, the victim of a poisonous sting which is the signature method of a mafia hitman, who hasn't been active for years.

10.00 24 Hours in A&E Double bill. A police officer is admitted after crashing her motorbike; a woman is airlifted to hospital after falling off her mobility scooter.

12.10am The Gulf **1.05** 24 Hours in A&E **3.15-3.45am** Food Unwrapped

Variations & S4C

WALES As BBC1 except: 1.35-1.45pm BBC Wales Today; Weather **6.30-7.00** BBC Wales Today **11.00-11.10pm** BBC Wales Today

MERIDIAN As ITV1 except: 1.55-2.00pm ITV News Meridian; Weather **6.00-6.30** ITV News Meridian; Weather. The latest headlines. **10.30-10.45pm** ITV News Meridian; Weather

CENTRAL As ITV1 except: 1.55-2.00pm ITV News Central; Weather **6.00-6.30** ITV News Central; Weather **10.30-10.45pm** ITV News Central; Weather. The day's headlines.

ITV WALES As ITV1 except: 1.55-2.00pm ITV News Cymru Wales; Weather **6.00-6.30** ITV News Wales at Six; Weather **7.00-7.30** Vanished Wales. Documentary revealing lost landmarks and heritage of Wales. **10.30-10.45pm** ITV News Cymru Wales; Weather

WEST As ITV1 except: 1.55-2.00pm ITV News West Country; Weather **6.00-6.30** ITV News West Country; Weather. Headlines. **10.30-10.45pm** ITV News West Country; Weather

ANGLIA As ITV1 except: 1.55-2.00pm ITV News Anglia **6.00-6.30** ITV News Anglia **10.30-10.45pm** ITV News Anglia; Weather

WESTCOUNTRY As ITV1 except: 1.55-2.00pm ITV News West Country; Weather **6.00-6.30** ITV News West Country; Weather. A round-up of the latest headlines. **10.30-10.45pm** ITV News West Country; Weather

S4C 6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Cwpwrdd Epic Chris **12.30** Heno **1.00** Cymry ar Gynfas **1.25** Y Cyfweliad **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Cynefin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Deis. Gareth and Anwen, husband and wife from Aberystwyth, Morus and Iestyn, brothers from Cardiff, and Sion and Twm, friends from Criccieth and Bethel compete. **6.30** Heno. Nightly magazine. **7.00** Newyddion S4C a'r Tywydd **7.30** LIVE Clwb Rygbi. Ospreys v Lions (kick-off 7.45pm). Coverage of the United Rugby Championship match at Dunraven Brewery Field, Bridgend. **9.50** Priodas Pum Mil. Trystan Ellis-Morris and Emma Walford visit the Swansea area, where a registrar pulls double duty as a bridesmaid to marry two Doctor Who fans. **10.55pm-12.00m't** Antur Itera Tim Lowri Morgan. Lowri Morgan's Itera multi-sport race adventure in Scotland.

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- 1 night at the 4★ Gloria Aqua Park Hotel, Aswan with dinner & breakfast
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- 3-night cruise aboard MS Coral 2 with breakfast, lunch & dinner plus 1 afternoon tea
- 2 lunches & 1 farewell dinner in Cairo
- Eclipse viewing experience (includes safety viewing glasses, barbecue lunch & soft drinks) from our carefully chosen eclipse site
- Full-day guided tour of Cairo
- Afternoon felucca cruise on the River Nile
- Guided excursions to Philae Temple, Aswan High Dam, Unfinished Obelisk, Luxor Temples, Valley of the Kings, Hatshepsut Temple & Colossi of Memnon
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Sport

SKY SPORTS MAIN EVENT

6.00am LIVE **DP World Tour Golf** The Hero Dubai Desert Classic. The featured groups on day two.
7.30 LIVE **DP World Tour Golf** The Hero Dubai Desert Classic. Day two of the tournament.
1.30pm Total Football: three episodes
3.30 LIVE **SA20** The Qualifier 2 play-off match.
7.00 The Transfer Show. The latest updates.
7.30 LIVE **EFL** Derby County v West Bromwich Albion (kick-off 8.00pm). Coverage at Pride Park.
10.30 LIVE **PGA Tour Golf** The American Express.
12.00m't Sky Sports News. The latest headlines.
4.00-6.00am LIVE **DP World Tour Golf** The Hero Dubai Desert Classic. Coverage of day three.

SKY SPORTS CRICKET

6.00am Best of England v South Africa **6.15** Best of ICC WT20 **6.30** Big Bash League
8.25 LIVE **Big Bash League** Sydney Sixers v Hobart Hurricanes. The Challenger play-off match.
11.45 LIVE **ICC Under-19s World Cup Cricket** Australia v Sri Lanka. The Group A match.
3.00pm Best of J Anderson: 500th Wicket. At Lord's in 2017. **3.10** Best of Sky Cricket
3.20 LIVE **SA20** The Qualifier 2 play-off match.
7.00 Big Bash League **8.00** SA20 **9.00** SA20 **10.00** ICC Men's T20 World Cup **11.00** SA20
12.00m't Big Bash League **1.00** SA20 **2.00** Big Bash League **5.20** Best of J Anderson: 500th Wicket **5.30** Best of England v South Africa **5.45-6.00am** Best of ICC WT20

SKY SPORTS FOOTBALL

6.00am EFL Cup Retro **8.00** SPFL Special: Celtic's Invincibles **9.00** EFL Greatest Games **10.00** EFL Cup Highlights **11.00** SPFL
12.00noon EFL Highlights **12.30** Bundesliga Weekly **1.00** EFL League Goals **2.00** EFL Highlights **4.00** Bundesliga Weekly **4.30** EFL League Goals **5.30** EFL Highlights **6.00** Bundesliga Weekly **6.30** EFL Highlights
7.30 LIVE **EFL** Derby County v West Bromwich Albion (kick-off 8.00pm). Coverage at Pride Park.
10.30 Best Moments From The Championship Play-Off Final (1993-2019) **11.00** Best Moments From The League 1 & 2 Play-Off Final (1993-2019) **11.30** EFL Greatest Games
12.00m't Retro League One **2.00** EFL Greatest Games **4.00** EFL Cup Retro **4.30** EFL **5.00-6.00am** Henrik Larsson: 20 Years On

SKY SPORTS GOLF

6.00am LIVE **DP World Tour Golf** The Hero Dubai Desert Classic. The featured groups on day two.
7.30 LIVE **DP World Tour Golf** The Hero Dubai Desert Classic. Coverage of day two.
1.30pm Chronicles of a Champion Golfer **2.00** PGA Tour FedEx Cup Playoffs Official Film 2025 **3.00** Roots **3.30** DP World Tour Golf
4.30 LIVE **PGA Tour Golf** The American Express. Coverage of day two of the tournament.
12.00m't DP World Tour Golf **3.00** PGA Tour Golf
4.00-6.00am LIVE **DP World Tour Golf** The Hero Dubai Desert Classic. Coverage of day three.

TNT SPORTS 1

8.15am Premier League Reload **8.30** Premier League – The Big Interview **9.00** TNT Sports Reload **9.30** The Monuments
10.00 LIVE **Men's Alpine Skiing World Cup** Coverage from Kitzbuhel, Austria.
12.15pm International T20 Cricket Highlights
1.15 LIVE **International T20 Cricket** India v New Zealand. Game two of the five-game series.
5.15 One Day International Cricket **6.15** Premier League Reload **6.30** Premier League Preview
7.00 LIVE **The Gallagher PREM** Gloucester v Bath (kick-off 7.45pm). Action from Kingsholm.
10.00 The Breakdown **10.30** One Day International Cricket **11.30** International T20 Cricket Highlights
12.30-7.00am LIVE **Australian Open** Day seven.

TNT SPORTS 2

6.00am UEFA Europa League & Conference League Highlights Show **7.00** One Day International Cricket. Sri Lanka v England.
8.00 LIVE **World Rally Championship** The Rallye Monte Carlo. The Special Stage four.
8.45 WRC Classic **9.15** Kenny Allstar's Number 1's
9.30 LIVE **World Rally Championship** The Rallye Monte Carlo. Special Stage five of the first round.
10.30 Original Documentary. The future of rugby.
10.45 LIVE **World Rally Championship** The Rallye Monte Carlo. Special Stage six.
11.30 TNT Sports Reload. The best bits.
12.00noon LIVE **Freestyle Skiing World Cup** Day one of the Men's and Women's Ski Cross.
1.30 Premier League Reload. The latest matches.
1.45 LIVE **World Rally Championship** The Rallye Monte Carlo. Coverage from Special Stage seven.
3.00 WRC Classic. A look at Signature Stages.
3.30 LIVE **World Rally Championship** The Rallye Monte Carlo. Coverage from Special Stage eight.
4.30 TNT Sports Reload. The best bits.
5.00 LIVE **World Rally Championship** The Rallye Monte Carlo. Coverage from Special Stage nine.
6.30 Spirit of Yachting **7.00** Inside Serie A
7.30 LIVE **Serie A** Inter Milan v Pisa (kick-off 7.45pm).
9.45 PL Reload **10.00** PL Preview **10.30** The Fantasy Show **11.00** UEFA Champions League Magazine **11.30** UFC Countdown **12.00m't** UFC Connected **12.30** The Gallagher PREM **1.30** Serie A **2.30** Fight Week **3.00** World Rally Championship **3.30** UEFA Champions League
4.00-6.00am LIVE **Isuzu UTE A-League** Auckland FC v Central Coast Mariners.

Entertainment & Factual

ITV3 Freeview 10

6.00am Never the Twain **6.30** On the Buses **7.05** Classic Emmerdale **8.05** Classic Coronation Street **9.10** Inspector Morse **11.20** Heartbeat **1.25pm** Foyle's War **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Doc Martin **10.00** Foyle's War **11.50** Trial & Retribution **1.25am** On the Buses **1.55-2.30am** Unwind with ITV

ITV4 Freeview 26

6.00am The Big Match Revisited **8.05** Magnum, PI **9.10** Kojak **10.15** Boon **11.20** The Sweeney **12.25pm** Robin of Sherwood **1.35** Magnum, PI **2.35** Kojak **3.45** Boon **4.50** The Sweeney **5.55** Minder **7.00** American Pickers **8.00** Ice Road Truckers **9.00** FILM The Terminator (1984/15) Thriller. ★★★★★ **11.15** All Elite Wrestling: Dynamite **1.10am** Dark Side of the Ring **2.05** Motorsport Mundial **2.30** Unwind with ITV **3.00** Teleshopping **3.30-4.00am** Auto Mundial

5STAR Freeview 32

8.00am Bargain-Loving Brits in the Sun **10.00** Shoplifters: Caught Red Handed **11.00** Traffic Cops **2.00pm** Police Interceptors **5.00** Call the Bailiffs: Time to Pay Up **6.00** Home and Away **7.00** GPs: Behind Closed Doors **8.00** Casualty 24/7: Every Second Counts **9.00** 999: Critical Condition **10.00** 999: Emergency Call Out **11.00** Skin A&E **12.00m't** Nightmare Tenants, Slum Landlords **2.45** GPs: Behind Closed Doors **3.35-4.00am** Car Pound Cops

REALLY Freeview 44

6.00am Fantasy Homes by the Sea **7.00** Cruise TV with LoveitBookit **8.00** Escape to the Country **9.00** Salvage Hunters **12.00noon** Antiques Road Trip **2.00** The Repair Shop **3.00** The Yorkshire Auction House **4.00** Long Lost Family **5.00** A Place in the Sun **6.00** Salvage Hunters **9.00** Unsellable Houses. Lyndsay and Leslie help a retired Navy commander. **10.00** NEW My Lottery Dream Home. A woman wants to buy each of her children a dream home. **11.00** Help! My House Is Haunted **2.00am** Teleshopping **4.00-6.00am** Salvage Hunters

5ACTION Freeview 33

9.00am Entertainment News on 5 **9.10** Winter Road Rescue **9.40** Police Interceptors **11.35** FILM Rio Conchos (1964/PG) Western, starring Richard Boone. ★★ **2.00** FILM The Proud Ones (1956/PG) Western, starring Robert Ryan. ★★★ **4.00** The Motorway **5.00** Traffic Cops **6.00** Police Interceptors **8.00** Motorway Cops: Catching Britain's Speeders **9.00** Police: Night Shift 999 **10.00** Cops **11.00** Banged Up Abroad **12.00m't** World's Deadliest Weather: Caught on Camera **1.00** Ice Road Truckers **2.00-4.00am** Trucking Hell

SKY ARTS Freeview 36

6.00am Andre Rieu & the Dutch Royal Family **8.00** The Joy of Painting **9.00** Tales of the Unexpected **10.00** Alfred Hitchcock Presents **11.00** The Directors **12.00noon** Discovering: Octavia Spencer **1.00** Tales of the Unexpected **2.00** The Art of the Garden **3.00** Laurie Lee: The Lost Interview **4.00** The Directors **5.00** Discovering: Fredric March **6.00** Tales of the Unexpected

Katherine Ryan: First Born Daughter
Sky Comedy, 9pm
Another chance to see the stand-up special in which the comic (left) tackles marital dynamics, motherhood and media scandals, and dishes out some no-holds-barred advice.

7.00 Alfred Hitchcock Presents **8.00** Guy Garvey: From the Vaults **9.00** Jeff Beck Live at Ronnie Scott's **11.00** Eric Clapton: Concert by the Lake – Band du Lac **1.30am** Buddy Guy Live: The Real Deal **2.45** Women Who Rock **4.00** Greatest Albums Live **5.00-6.00am** National Treasures: The Art of Collecting

U&GOLD

7.30am Ever Decreasing Circles **8.05** The Green Green Grass **8.40** Dad's Army **9.20** Are You Being Served? **10.00** Open All Hours **10.40** Keeping Up Appearances **11.20** Last of the Summer Wine **12.40pm** The Green Green Grass **1.20** Dad's Army **2.40** Are You Being Served? **3.20** Open All Hours **4.00** Ever Decreasing Circles **4.40** Last of the Summer Wine **6.00** Fawlty Towers **6.40** Open All Hours. Arkwright needs a new suit. **7.20** Dad's Army **8.00** Fawlty Towers **9.25** The Thin Blue Line **10.00** Men Behaving Badly **10.35** Fawlty Towers **12.00m't** The Thin Blue Line **12.40** Men Behaving Badly **1.15** Fawlty Towers **2.30** The Thin Blue Line **3.15-4.00am** Men Behaving Badly

U&YESTERDAY Freeview 27

6.10am Great British Railway Journeys **8.00** Bangers & Cash **10.00** Secrets and Spies: A Nuclear Game **11.00** World War Weird **12.00noon** Antiques Roadshow **2.00** Bangers & Cash **4.00** Secrets and Spies: A Nuclear Game **5.00** World War Weird **6.00** Antiques Roadshow. Fiona Bruce presents the show from the Bishop's Palace in Wells, Somerset. **7.00** Great Canal Journeys **8.00** 'Allo 'Allo! **10.10** Bangers & Cash **1.10am** Abandoned Engineering **2.10-3.00am** Secrets and Spies: A Nuclear Game

U&ALIBI

7.15am Murdoch Mysteries **9.00** Father Brown **10.00** The Mentalist **11.00** Hudson & Rex **12.00noon** Miss Fisher's Murder Mysteries **1.00** Death in Paradise **2.00** Murdoch Mysteries **4.00** The Mentalist **5.00** Hudson & Rex **6.00** Father Brown **7.00** Miss Fisher's Murder Mysteries **8.00** Death in Paradise **10.00** I, Jack Wright **11.00** Father Brown. Fifties-set crime drama. **12.00m't** So Help Me Todd **1.00** Death in Paradise **2.00-4.00am** Murdoch Mysteries

SKY MAX

6.00am Hawaii Five-0 **8.00** The Flash **9.00** Stargate SG-1 **11.00** SEAL Team **12.00noon** The Flash **1.00** Hawaii Five-0 **3.05** S.W.A.T **4.10** NCIS: Los Angeles **5.15** SEAL Team. Drama. **6.15** Stargate SG-1: double bill **8.15** Never Mind the Buzzcocks **9.00** An Idiot Abroad. Karl Pilkington immerses himself in Mexican culture. **10.00** Rob & Romesh vs Team GB: Winter Special **11.00** Fear the Walking Dead **12.00m't** The Force: North East **2.00** Road Wars **3.00** S.W.A.T **4.00** NCIS: Los Angeles **5.00-6.00am** Highway Patrol

SKY ATLANTIC

6.00am Urban Secrets **7.00** Richard E Grant's Hotel Secrets **8.00** Boardwalk Empire **10.10** The Sopranos **12.20pm** Game of Thrones **2.30** The Wire **4.40** Westworld **5.45** Deadwood **6.50** Game of Thrones **9.00** FILM The Trip (2010/15) Improvised comedy in which Steve Coogan and Rob Brydon play versions of themselves as they go on a culinary tour of the north of England. ★★★★ **11.00** Deadwood **12.10am** The Sopranos **2.25** Game of Thrones **4.35** In Treatment **5.05-6.00am** Fish Town

SKY WITNESS

6.00am UK Border Force **7.00** Nothing to Declare **8.00** Border Patrol **9.00** Send in the Dogs **10.00** Border Security: Canada's Front Line **11.00** A1: Britain's Longest Road **12.00noon** FBI **1.00** The Rookie **3.00** Law & Order: Criminal Intent **4.00** Nothing to Declare **7.00** Police 24/7 **8.00** Law & Order: Criminal Intent **10.00** Matlock **11.00** The Rookie **12.00m't** FBI **1.00** Law & Order: Criminal Intent **2.00** Law & Order: Organized Crime **3.00** The Good Doctor **4.00** Road Wars **5.00-6.00am** Send in the Dogs

SKY COMEDY

8.00am Will & Grace **9.00** Ballers **10.10** Sex and the City **11.35** Entourage **12.30pm** Will & Grace **1.30** Sex and the City **2.40** Ballers **3.50** And Just Like That **4.45** The Office (US) **5.45** Will & Grace **6.45** Community **7.45** Sex and the City **9.00** Katherine Ryan: First Born Daughter. A stand-up special. **10.15** And Just Like That **11.10** Community **12.10am** Entourage **1.10** Ballers **2.25** Curb Your Enthusiasm **3.45-5.00am** Silicon Valley

DISCOVERY

6.00am How Do They Do It? **7.00** Wheeler Dealers **9.00** Gold Rush **11.00** Diesel Brothers **1.00pm** Deadliest Catch **3.00** How Do They Do It? **5.00** Alaska: Homestead Rescue **7.00** Gold Rush **9.00** Expedition Files. Josh Gates takes a closer look at the Amityville Horror. **10.00** Expedition Unknown **12.00m't** Deadliest Catch **1.00** Expedition Files **2.00** Expedition Unknown **3.00** Gold Divers **4.00-5.00am** Moonshiners

NATIONAL GEOGRAPHIC

8.00am Britain's Greatest Machines with Chris Barrie **9.00** Air Crash Investigation **10.00** Seconds from Disaster **11.00** WW2: Hell Under the Sea **12.00noon** World War II: Secrets from Above **1.00** Air Crash Investigation **3.00** Killing Hitler **4.00** The American Revolution: Drain the Oceans **5.00** Ice Road Rescue **6.00** Nazi Megastructures **7.00** Air Crash Investigation. Aviation catastrophes. **10.00** Superstorm New York: What Really Happened **11.00** Air Crash Investigation **12.00m't** Toronto Airport Uncovered **1.00** To Catch a Smuggler **2.30** Money Meltdown **3.20** Food Factory **4.10-5.00am** When Sharks Attack and Why

Radio

BBC RADIO 1

97.6-99.8MHz 6.58am Newsbeat **7.00** Radio 1 Breakfast with Greg James **10.00** Radio 1 Anthems with Greg James **10.30** Newsbeat **10.33** Radio 1 Anthems with Nat and Vicky **11.00** Radio 1's Group Chat with Nat and Vicky **12.45pm** Newsbeat **1.00** Sam and Danni **3.00** Radio 1 Dance Party Starters with Sam and Danni **4.00** The Official Chart on Radio 1 with Jack Saunders **5.45** Newsbeat **6.00** Radio 1's Dance Party with Danny Howard **8.00** Radio 1's Future Dance with Sarah Story **10.00** Pete Tong **12.00m't** Radio 1's Essential Mix **2.00** Radio 1 Dance Presents **3.00-4.00am** Danny Howard's Club Mix

BBC RADIO 2

88-91MHz 6.30am The Scott Mills Breakfast Show **9.30** Vernon Kay **12.00noon** Tina Daheley **2.00** Trevor Nelson **4.00** Sara Cox **7.00** Michelle Visage **8.30** Michelle Visage's Handbag Hits **9.00** Sophie Ellis-Bextor's Kitchen Disco **11.00** The Rock Show with Shaun Keaveny **12.00m't** Romesh Ranganathan: For the Love of Hip-Hop **1.00-2.00am** Tony Blackburn's Sounds of Soul

BBC RADIO 3

90.2-92.4MHz 6.30am Breakfast **9.30** Essential Classics **1.00pm** Classical Live **4.00** Composer of the Week: Dvorak **5.00** In Tune **7.00** Classical Mixtape **7.30** Friday Night Is Music Night **9.45** The Essay: Stories from the Museum of Music History

CHOICE
Friday Night Is Music Night
Radio 3, 7.30pm
The BBC Scottish Symphony Orchestra whisks listeners away for a night of classic West End musicals. Conductor Ben Palmer is joined by vocalists Ben Forster and Hiba Elchikhe in Seoul, South Korea, for toe-tapping favourites including songs from Oklahoma, Les Misérables and West Side Story.

10.00 Late Junction **11.30** 'Round Midnight **12.30-6.30am** Through the Night

BBC RADIO 4

FM 92.4-94.6MHz 6.00am Today **9.00** Desert Island Discs **10.00** Woman's Hour **11.00** The Food Programme **11.45** The Trust Shift **12.00noon** News **12.04** AntiSocial **12.57** Weather **1.00** The World at One **1.45** US Foreign Policy in Five Doctrines **2.00** The Archers **2.15** Drama: Wolf Valley **2.45** Materials of State **3.00** Gardeners' Question Time **3.45** Short Works **4.00** Last Word **4.30** More or Less **5.00** PM **5.57** Weather **6.00** News **6.30** The News Quiz **7.00** The Archers **7.15** Screenshot **8.00** Any Questions? **8.55** This Week in History **9.00** Free Thinking **10.00** The World Tonight **10.45** Book at Bedtime: The Memory Police **11.00** Americast **11.30** Today in Parliament **12.00m't** News **12.30** The Trust Shift **12.48** Shipping Forecast **1.00-5.30am** As BBC World Service

BBC RADIO 5 LIVE

693/909kHz 6.00am 5 Live Breakfast **9.00** Nicky Campbell **11.00** Chiles on Friday **1.00pm** Elis James and John Robins **2.00** Matt Chorley **4.00** 5 Live Drive **7.00** 5 Live Sport **9.00** 5 Live Sport: 5 Live Tennis **10.00** Adam Fleming **1.00am** Laura McGhie **5.00** 5 Live Boxing **5.30-6.00am** Football Daily

BBC RADIO WALES

FM: 94.6MHz 6.00am Radio Wales News Update **6.05** Wake Up with Radio Wales **6.31** Walescast **7.00** Radio Wales Breakfast **9.00** Lucy Owen **12.00noon** The Phone In **2.00** Eleri Sion **5.00** Radio Wales Drive **6.30** Radio Wales Arts Show **7.00** Elin Fflur's 70s Playlist **8.00** Elin Fflur's 80s Playlist **9.00** Elin Fflur's 90s Playlist **10.00** Friday Night H **12.00m't** The Party Playlist with H **1.00-7.00am** As Radio 5 Live

CLASSIC FM

100-102MHz 6.30am Classic FM Breakfast with Dan Walker **9.00** The Classic FM Hall of Fame Hour **10.00** Alexander Armstrong **1.00pm** Anne-Marie Minhall **4.00** Margherita Taylor **7.00** Classic FM at the Movies with Jonathan Ross **9.00** Opera Villains with Sir Bryn Terfel **10.00** Calm Classics **1.00am** Katie Breathwick **4.00-7.00am** Sam Pittis

ABSOLUTE RADIO

DAB 6.00am Dave Berry **10.00** Leona Graham **1.00pm** Ben Burrell. A mix of fine tunes. **4.00** Bush and Richie **7.00** Absolute 80s with Claire Sturgess **10.00** Sophie K **4.00-8.00am** Ben Coley

Movies

FILM4

11.00am Guadalcanal Diary (1943/PG) Second World War drama, starring Preston Foster and Anthony Quinn. ★★★★
12.50pm Harvey (1950/U) Comedy, starring James Stewart and Josephine Hull. ★★★★★
3.10 Siege of the Saxons (1963/U) Medieval adventure, starring Ronald Lewis. ★★
5.00 The 7th Voyage of Sinbad (1958/U) Fantasy, starring Kerwin Mathews. ★★★★
6.45 Jumanji: Welcome to the Jungle (2017/12) Fantasy action comedy, starring Dwayne Johnson and Karen Gillan. ★★★★
9.00 The G (2023/15) Crime thriller, starring Dale Dickey and Romane Denis. ★★★
11.10 Terminator Genisys (2015/12) Sci-fi adventure sequel, starring Arnold Schwarzenegger and Emilia Clarke. ★★
1.35-3.50am My Friend Dahmer (2017/15) Drama, starring Ross Lynch. ★★★★

SKY CINEMA PREMIERE

7.30am Beast of War (2025/15) Thriller, starring Mark Coles Smith and Joel Nankervis. ★★
9.05 The Ballad of Wallis Island (2025/12) See 12.50am. ★★★★
10.50 Borderline (2025/15) Dark comedy horror, starring Samara Weaving. ★★★
12.30pm Nuremberg (2025/15) See 6.30pm. ★★★★
3.00 The Phoenician Scheme (2025/15) Comedy, starring Benicio Del Toro. ★★★★
4.45 Smurfs (2025/PG) Fantasy comedy, featuring the voice of Rihanna. ★★★
6.30 Nuremberg (2025/15) Thriller, starring Russell Crowe and Rami Malek. ★★★★
9.00 The Toxic Avenger (2025/18) Comedy horror, starring Peter Dinklage. ★★★
10.50 28 Years Later (2025/15) Horror, starring Aaron Taylor-Johnson. ★★★★
12.50am The Ballad of Wallis Island (2025/12) Comedy, starring Tim Key. ★★★★
2.40 Cookster: The Darkest Days (2024/15) Drama, starring Craige Middleburg. ★★★
4.50-6.35am Friendship (2024/15) Comedy, starring Paul Rudd and Kate Mara. ★★★★

SKY CINEMA DRAMA

6.00pm Dallas Buyers Club (2013/15) Drama, with Matthew McConaughey. ★★★★
8.00 Valentine's Day (2010/12) Romantic comedy drama, with Ashton Kutcher. ★★★★
10.15 PS I Love You (2007/12) Drama, with Hilary Swank and Gerard Butler. ★★★★
12.30am Burning an Illusion (1981/15) Drama, starring Victor Romero Evans. ★★★
2.25 Boy Meets Boy (2021/15) Drama, starring Matthew J Morrison. ★★★
3.50 Beach Rats (2017/15) Drama, with Harris Dickinson and Madeline Weinstein. ★★★★
5.40-7.30am Golda (2023/12) Drama, starring Helen Mirren and Zed Josef. ★★★

SKY CINEMA FAMILY

4.00pm Grow (2025/PG) See 7.50pm. ★★★
6.00 Pokemon: Detective Pikachu (2019/PG) Fantasy, with Ryan Reynolds. ★★★★
7.50 Grow (2025/PG) Comedy, starring Golda Rosheuvel and Priya-Rose Brookwell. ★★★
9.45 Zathura: A Space Adventure (2005/PG) Sci-fi adventure, with Jonah Bobo. ★★★★
11.35 Twist (2021/12) Drama, starring Michael Caine and Lena Headey. ★★★
1.15am Daddy Day Care (2003/PG) Family comedy, starring Eddie Murphy. ★★★
2.55 Blueback (2022/PG) Drama, starring Mia Wasikowska and Eric Bana. ★★★
4.45-6.35am Spy Kids 2: Island of Lost Dreams (2002/U) Family adventure. ★★★★

TALKING PICTURES TV

4.00pm A Good Read: Sherlock Holmes
4.55 Captain Pirate (1952/U) Swashbuckling adventure, starring Louis Hayward. ★★★
6.40 The Flying Deuces (1939/U) Comedy, starring Stan Laurel and Oliver Hardy. ★★★★
8.00 Z Cars Vintage police drama.
9.05 The Omega Factor Sci-fi series.
10.10 The Case of the Frightened Lady (1940/PG) Thriller, with Marius Goring. ★★★
11.55 Hammer House of Mystery and Suspense A family is trapped in their home.
1.25am The System (1964/12) Comedy, starring Oliver Reed and Jane Merrow. ★★
3.10-5.00am The Killings at Outpost Zeta (1980/PG) Sci-fi horror, with Jackie Ray. ★★

GREAT! MYSTERY

4.00pm Diagnosis Murder Medical drama.
5.00 Murder, She Wrote Angela Lansbury stars.
6.00 Sue Thomas: FBEye Crime drama.
7.00 Castle American crime drama.
8.00 Unforgettable Crime drama series.
9.00 Garage Sale Mysteries: The Wedding Dress (2015/PG) Crime drama, starring Lori Loughlin and Cheryl Ladd. ★★★
10.55 An Aurora Teagarden Mystery: A Very Foul Play (2019/PG) Whodunit, with Candace Cameron Bure and Lexa Doig. ★★★
12.50am Hidden Crimes (2009/PG) Thriller, with Tricia Helfer and Jonathan Scarfe. ★★★
2.35 Circle of Friends (2006/PG) Mystery, starring Julie Benz and Chris Kramer. ★★★
4.00-6.00am Secrets That Kill (2020/12) Thriller, starring Jillian Murray. ★★★

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NOVEMBER 2026

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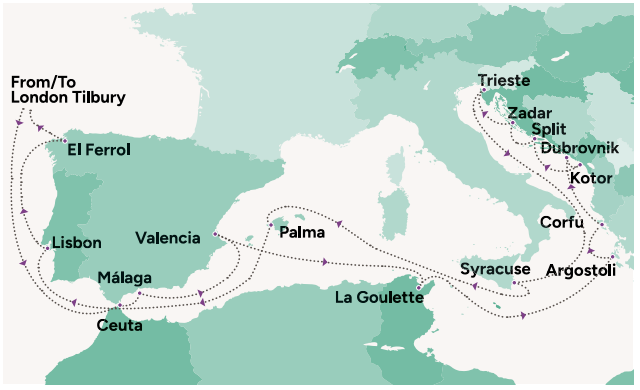
Sun 8	**Málaga, Spain**
Tue 10	**Valencia, Spain**
Thu 12	**Tunis (from La Goulette), Tunisia**
Sat 14	**Argostoli, Cephalonia, Greece**
Sun 15	**Corfu, Greece**
Mon 16	**Dubrovnik, Croatia**
Tue 17	**Kotor, Montenegro**
Wed 18	**Split, Croatia**
Thu 19	**Zadar, Croatia**
Fri 20	**Venice (from Trieste), Italy**
Mon 23	**Syracuse, Sicily, Italy**
Thu 26	**Palma de Mallorca, Spain**
Sun 29	**Lisbon, Portugal**

DECEMBER 2026

Tue 1	**El Ferrol (for Santiago de Compostela), Spain**
Fri 4	**Arrive in London Tilbury**

Dates not mentioned will be spent relaxing at sea



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Letters

Edited by GREG MORGAN

The Daily Express, One Canada Square, Canary Wharf, London E14 5AP
Email: expressletters@express.co.uk (include your full name, address and telephone number)

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Wily President certainly knows the art of the deal

DONALD Trump is an unconventional politician who knows you must negotiate from a position of strength. Threatening to take over Greenland and impose sanctions caused total panic among pathetic and complacent EU and Nato leaders ("Trump lifts his threat of tariffs after 'productive' talks with Nato over 'deal' for Greenland", January 22).

We do not know the details of his "deal" but it looks like he has persuaded Nato allies around the Arctic to take the threat of Russia and China seriously. This will strengthen Nato, not weaken it.

Let's hope his comments on Keir Starmer's Chagos stitch-up will scupper this lunacy. But sadly it's probably too late to stop China's spy centre.

Dr Peter Outen,
Brentwood, Essex

History of war for leader who chooses to ignore it

AS DONALD Trump goes full redneck and tells Europe that if it wasn't for the United States we would all be speaking German, I would point out that if it wasn't for the British Forces in North America prior to 1776, Americans no doubt would be speaking French.

I would also point out that if it wasn't for the British Empire Forces and its gallant Polish and Czech Allies holding out against Nazi Germany alone in 1940, Wernher von Braun would have been firing V-rockets at the US as soon as he had increased their range from bases in Britain.

I would also point out to this "supreme diplomat" that the Germans still speak German.

John Kennedy,
Hornchurch, Essex

United States turned up late as Donald takes glory

DONALD Trump stated that the US won the Second World War. I have news for him. The US came into the war in 1942, we had been fighting since 1939, without any help from the US military and I don't think they would have joined if it wasn't for the attack on Pearl Harbor. I am in my 80s so I remember the war quite well.

John Baker,
Exeter

Starmer should fight for us like the Greenlanders

WHEN Donald Trump demanded to take over Greenland, Keir Starmer announced that Greenland belongs to Greenlanders. Why then, by the same token, doesn't Britain belong to the British, Starmer?

Mark Twiddy,
Forest Gate. Gtr London

British culture dismantled by rewards for migrants

KEIR Starmer states British culture, developed over centuries, will not tolerate Donald Trump's threats against Greenland. Would that be the same culture he and his government are trying to destroy – its freedom of speech and choice, its democracy and representation of the people, rewarding the feckless and illegal migrants by taxing hard the workers and strivers?

Michael Marshall,
Hednesford, Staffs

LETTER OF THE DAY

SELF-CENTRED: United States President Donald Trump

Impossible Trump's like a spoilt kid

RECENTLY it seemed the agreement to transfer sovereignty of the Chagos Islands (where there's a key UK-US military base) from the UK to Mauritius was a done deal. In May 2025, the US even officially welcomed the agreement ("'It isn't too late' to axe Chagos Islands deal", January 22).

However a few days ago Donald Trump abruptly changed tack and criticised the plans.

Trump is known for his selfishness, but now he's acting like a spoilt child. And even Keir Starmer, known among leaders as the "Trump Whisperer" can't keep up with his mood swings. Dealing with Trump has always been a headache but now his behaviour has become impossible to predict.

Iain Brocklebank,
Glasgow

Who do we believe, NHS Trust or our own eyes?

AFTER the rightful reinstatement of nurse Jennifer Melle, the organisation that inflicted nearly two years of fear and worry on her, Epsom and St Helier University Hospitals NHS Trust, has the audacity to say it is pleased she has been reinstated and was sorry that she'd had this experience, followed by the fact that racial abuse to staff was never tolerated ("'I am deeply relieved'", January 21).

It really makes you think, doesn't it? Where does the NHS get these people from?

David Rickers,
Wokingham, Berks

We want to know where we stand as men and women

WHEN a biological man decides to call himself a trans woman he deliberately causes confusion for the rest of us and the law, but he's a trans man.

The simple change of emphasis makes common sense so much easier to be applied and the rest of the populations' rights clarified. The same applies to women.

Malcolm Charnock,
Kidderminster, Worcs

Harry's waterworks won't wash in cold light of court

IT WAS no surprise there were waterworks in court from Harry ("'Meghan's life was made a misery'", January 22). Let's face it, he's had plenty of tuition from Meghan, even though she was only a B-list actress.

There is an old adage which says, you've made your bed, now lie in it. All this "it's made his wife's life a misery" won't wash as she is hard as nails, as we've already experienced in this country.

Harry certainly won't win over many of the British public who have no interest in someone who quite frankly is self-centred and obviously had no semblance of interest in serving his country as a royal. I'm sure the Queen will be turning in her grave.

Peter Rushton,
Chorley, Lancs

More than pride is hurt after a fall later in life

I EMPATHISE with Piers Morgan and Vanessa Feltz, once you reach a certain age you are terrified of falling ("They think it's fall over... well it is now!", January 21).

At my age, I watch the weather forecast so I can be prepared. The irony is that recently, while walking away from my desk, I turned awkwardly, caught my foot on a cable and went flying, spectacularly, landing on my face, knocking out a front tooth and breaking my nose.

I also had a large dent in my pride too, as I work in a GP surgery. It was my own fault entirely and it cost me £200 to have my tooth re-attached.

Lynne English,
Wickford, Essex

Shock, horror! Star ages naturally like fine wine

I FEAR for this world when people ridicule a woman for ageing ("Not a thorny issue to look your age", January 21).

Rachel Ward was gorgeous with Richard Chamberlain in The Thorn Birds, please give this woman credit for ageing well without all the Botox and everything else women are resorting to today – they resemble aliens.

You show 'em, Rachel. Show 'em how lovely it is to be a natural beauty and grow old gracefully.

Annette Hale,
Aldridge, W Mids

BEATEN EMMA'S US OPEN TRIUMPH FEELS LIKE ANCIENT HISTORY

WHEN Emma Raducanu won the 2021 US Open it must go down as one of the sport's greatest mysteries ("Emma Raducanu nearly pulled out of Australian Open before shock upset", January 21).

Just how did that actually happen?

Raducanu must be wondering this herself following her latest defeat, losing in the second round in straight sets to 55th-ranked Anastasia Potapova of Austria at the Australian Open earlier this week, as the British No 1 crashed out of another tournament early on.

Anthony Cockram,
Exeter

TODAY: Friday January 23, 2026

ON THIS DAY

47 years ago (1979)
We reported how rebel "dirty jobs" workers wanted to defy union leaders and remain on strike amid the continuing dispute over low pay.

Hospital workers, binmen, school caretakers, grave diggers and airport staff all took part in a day of action in protest at the Labour Government's attempt to impose a 5% pay cap.

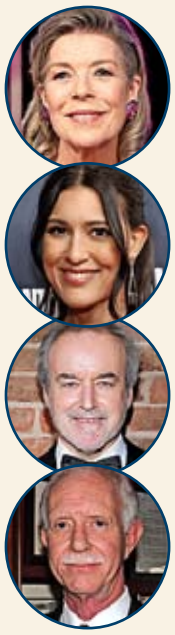
It was the biggest walkout since the General Strike back in 1926 and it marked the start of the so-called Winter of Discontent.

59 years ago (1967)
The new town of Milton Keynes was founded with plans to become a town of 250,000. The initial development of farmland would encompass several existing towns – Bletchley, Newport Pagnell, Stony Stratford, Wolverton – and another 15 villages.

It was granted city status in 2022.

40 years ago (1986)
The Rock and Roll Hall of Fame in Cleveland, Ohio, inducted its first members, including Little Richard, Chuck Berry, James Brown, Buddy Holly and Elvis Presley. Also among the inductees was DJ Alan Freed, credited with first coining the phrase rock 'n' roll.

BIRTHDAYS



Caroline, Princess of Hanover is 69. She is also Princess of Monaco. Twilight's **Julia Jones** is 45. She started acting aged eight. Film composer **David Arnold** is 64. He scored five James Bond movies. Pilot **Chesley Sullenberger** is 75. He made an emergency landing on the Hudson River.

TODAY'S GIGGLE

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RUSSELL GRANT

EWEN BREMNER
Born on this day 1972

ARIES MARCH 21-APRIL 20

You're in for a good time if you are meeting up with friends. Someone new you're introduced to will say something that has a strong impact. Expect to experience something quite unusual with strangers. Today is somewhat unpredictable but it should be fun, offering spontaneous moments that can spark delightful conversations and lasting memories.

For more call **0905 789 4171**
(80p/min + network access charge)

TAURUS APRIL 21-MAY 21

You are starting to see how both physical and emotional pain can serve as a chance for growth. It is important to understand that although challenges are painful, this is something you have to do. If you view these experiences as opportunities for growth, they may not feel as bad. Embrace this journey – it shapes your resilience.

For more call **0905 789 4172**
(80p/min + network access charge)

GEMINI MAY 22-JUNE 21

You may not have seen it coming but an offer gives you a chance to get out and explore. There are people who will be keen to join you. Others just want to tag along for the ride and you will enjoy their company. Embrace this unexpected adventure – it could lead to delightful surprises and connections that enrich your experience even more.

For more call **0905 789 4173**
(80p/min + network access charge)

CANCER JUNE 22-JULY 23

It's a great time to celebrate friendships by meeting up with people you are grateful to know. At the same time be cautious of relationships where one person holds all the power. Share responsibilities. Embrace the joy of these connections, for they can truly enrich your life. Balance is essential, allowing love and respect to flourish in every interaction.

For more call **0905 789 4174**
(80p/min + network access charge)

LEO JULY 24-AUG 23

You are taking on a lot and while you are determined to achieve all you set out to do, think about what this is doing to your health. It may be necessary for you to set aside one plan in order to complete another. Reflect on what truly ignites your passion – prioritising energies wisely could lead to rewards. Embrace the clarity that comes with focused intentions.

For more call **0905 789 4175**
(80p/min + network access charge)

VIRGO AUG 24-SEPT 23

Be prepared to join forces with others whether this is a business or romantic partner or your workmates. You could be taking on a lead role and if so, your efforts will get results. Show respect for yourself and other people will admire your skills. Let your creativity shine, illuminating not just your path but also inspiring those around you.

For more call **0905 789 4176**
(80p/min + network access charge)

LIBRA SEPT 24-OCT 23

Following every crisis there is a time of peace. Continuous stress can wear down even the strongest heart. Now is a chance to restore mind and body. For this reason, you should decline spontaneous suggestions that involve trying anything new. Embrace solitude and allow deeper insights to emerge. Revel in the gentle rhythms of life that nurture your spirit.

For more call **0905 789 4177**
(80p/min + network access charge)

SCORPIO OCT 24-NOV 22

You hold the reins of your life and today you will get your chance to prove to others you are in control. Occasionally, as they have done of late, circumstances lead to chaos but you have the strength to ground yourself. With clarity as your ally, inspire those around you to follow your lead, forging a path that reflects your ambitions. Trust in your instincts.

For more call **0905 789 4178**
(80p/min + network access charge)

SAGITTARIUS NOV 23-DEC 21

You're so full of energy it might feel as if you are bouncing off the walls. Before you do anything impulsive it might help to bring this down to manageable levels. Avoid situations that cause you anger or frustration. Pace yourself and you will find it easier to complete tasks. Channel enthusiasm into something creative, and watch your ambitions take flight.

For more call **0905 789 4179**
(80p/min + network access charge)

CAPRICORN DEC 22-JAN 20

There is no place in your life for doubt, arguments and uncertainty. Make your own decisions. Adopt a more assertive approach and let your inner strength shine through. Embrace this newfound clarity and let it guide you into more harmonious connections. Trust in your instincts – they will lead you to fulfilling experiences.

For more call **0905 789 4180**
(80p/min + network access charge)

AQUARIUS JAN 21-FEB 19

You will tap into your inner strength to start healing emotional wounds and self-esteem issues you are facing. Make sure to take time for yourself and take part in physical activities. As you move forward, embrace each small victory – they will lead you to profound personal growth. The journey toward self-discovery can often reveal unexpected joys.

For more call **0905 789 4181**
(80p/min + network access charge)

PISCES FEB 20-MARCH 20

After a hectic time of late, it might feel surreal when all the demands, pressure, noise and interruptions stop. You will get to enjoy a few moments where you don't have to bother too much about what is happening around you. Embrace this quiet as a precious gift, allowing your mind to wander and your spirit to breathe. Switch off, relax and recharge.

For more call **0905 789 4182**
(80p/min + network access charge)

Calls cost 80p per minute plus your telephone company's network access charge - maximum of 5 minutes duration. You must be over 18 and have the bill payer's permission. Service provider Spoke. Helpline 0333 202 3390

NUTWOOD TALES

To order a copy of the Rupert Annual 2024 (£10.99) visit www.expressbookshop.com or call Express Bookshop on 020 3176 3832. Free UK P&P on online orders over £25.

RUPERT AND THE PENGUINS No.20

He begs a spoonful from the jar.
"I've only thought of kings so far."

"Well, eat it then," laughs Rosalie.
But Rupert says, "It's not for me!"

Rupert asks Podgy and Rosalie for a spoonful of honey. Podgy rather grudgingly agrees. "Aren't you going to eat it?" asks Rosalie as Rupert starts to walk away. "No, I need it for something far more important," says Rupert. And when the others still look puzzled, he adds, "Follow me and I'll show you."

CALVIN AND HOBBES BILL WATTERSON

YES!
POW
WASN'T THAT A GREAT SHOT?? WHAT CONTROL! WHAT FORM! DID YOU NOTICE THE TOP SPIN? DID YOU NOTICE HOW I PACKED THE SNOW SO THAT...
A REAL FRIEND WOULDVE BEEN HAPPY FOR ME!
FRI.

FAITH, HOPE AND SUE LISA WILD

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City & Business

AT A GLANCE

STOCK MARKET		
FTSE 100	10150.1 ▲	+12.0
FTSE 250	23370.9 ▲	+299.6
FTSE ALL SHARE	5479.6 ▲	+14.2
Shares Traded	9979.3 million	

POPULAR SHARES ON THE RISE		
Abrdn	221½	+3¼
AstraZeneca	13560	+222
Barclays	485½	+9¾
BT Group	186¾	+2¾
GSK	1804½	+17
HSBC Holdings	1244¼	+13¼
Int Consolidated Airlines	430¼	+10¼
Lloyds Banking Group	102	+½
Marks & Spencer Group	361¼	+1¾
NatWest Group	653½	+3¾
Sainsbury (J)	316	+1
Unilever	4816	+31
Vodafone Group	103½	+2½
Whitbread	2751	+37

POPULAR SHARES UNCHANGED	
Saga	410

POPULAR SHARES ON THE SLIDE		
Aviva	653¼	-10½
BAE Systems	1985	-77
BP	436¾	-8½
Centrica	181¾	-1¾
National Grid	1186½	-4
Rolls-Royce Holdings	1244	-11
Shell	2674	-59½
Tesco	416¼	-6

WORLD MARKETS		
WALL STREET	49,384.0 ▲	+306.7
TOKYO	53688.9 ▲	+914.2
HONG KONG	26630.0 ▲	+44.9
GERMANY	24856.5 ▲	+295.5
FRANCE	8148.9 ▲	+79.7

STERLING VALUE		
Dollar	1.349 ▲	+0.006
Yen	213.598 ▲	+0.992
Euro	1.149 ▶	0.000

DOLLAR VALUE		
Dollar/Yen	158.286 ▼	-0.0233
Dollar/Euro	0.851 ▼	-0.0044

COMMODITIES	
GOLD($)	▲4894.62
KRUGERRAND(£)	▲3628.17
SILVER(pence)	▲7115.57
BRENT CRUDE($)	▼ 63.81

OTHER INDICATORS	
Base rate	3.75%
Halifax mortgage rate	5.95%
Retail Price Index	+4.2% (CPI +3.4%)
House price Index	+2.5%
Unemployment	1,840,000

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TOURIST'S POUND

Australia	1.92 dollar
Canada	1.81 dollar
China	8.77 renminbi
Czech Rep.	26.25 koruna
Denmark	8.15 krone
Eurozone	1.13 euro
Hong Kong	9.84 dollar
Hungary	414.20 forint
Israel	3.98 shekel
Japan	204.76 yen
Jordan	0.89 dinar
Mexico	22.20 peso
New Zealand	2.23 dollar
Norway	12.89 krone
Poland	4.61 zloty
Saudi Arabia	4.80 riyal
South Africa	20.97 rand
Sweden	11.60 krona
Switzerland	1.04 franc
Thailand	40.45 baht
Turkey	54.08 lira
United States	1.32 dollar

Farage reveals tax on banks: 'This will be tough to accept'

By **Samuel Norman**

NIGEL Farage has confirmed Reform UK would slap a tax on banks in an escalation of his party's tensions with the City.

Speaking at the World Economic Forum in Davos, Farage said: "This will be tough for banks to accept but I am sorry – the drain on public finances is just too great."

He framed the move as not a direct tax but said banks were "not going to get free money any more".

A levy on the sector was previously floated in Reform's manifesto, leading to the industry warning of "real consequences in the economy".

Farage announced plan to tax banks

The party leader's remarks echo lobbying calls from the Left-leaning Institute for Public Policy Research, which urged Chancellor Rachel Reeves to hit City banks with a £8bn levy in the last Budget.

The think tank argued for a raid on earnings from the banks' quantitative easing, where the Bank of England bought a large amount of government bonds from commercial lenders to lower interest rates and stimulate the economy.

To pay for these bonds, the Bank created reserves for commercial banks, on which it paid interest at its official rate.

But as interest rates climbed to a post-financial crisis high of 5.25% last year, the Bank was forced to pay lenders higher interest on the reserves than what it earned from the bonds. The IPPR projected losses on the bonds – paid for by the Treasury – will top £22bn annually.

Banks were able to skirt a tax in the Budget, with UK and US giants announcing huge investments into the economy in coming years. "Some of the banks won't like it," Farage said of his tax plan. "Well, I don't like the banks very much because they debanked me, didn't they?"

Farage's debanking scandal led to NatWest boss Alison Rose resigning after Coutts – a private arm of NatWest group – identified him as a politically exposed person. PEPs refer to people who hold public office and as a result are subject to extra due diligence by financial firms.

Farage claimed his account was unfairly closed because the bank disagreed with his personal and political beliefs.

It is not the first time Farage and Reform have clashed with the City. Deputy leader Richard Tice has opened the door to sweeping reforms of the Bank, including having Treasury representatives on the Bank's interest rates setting Monetary Policy Committee.

PROFITS BLOW FOR BARGAIN STORE

Christmas sales fell at retailer

DISCOUNT chain B&M warned over profits for the third time since October after like-for-like sales fell 0.6% in the three-month run-up to Christmas.

Bosses did report an "encouraging" 3% rise in sales in December and said growth has continued into this month.

But they cut B&M's full-year underlying earnings outlook to £440m-£475m, down from £470m-£520m. That compares with the £620m made by the retailer in the year to March 29, 2025.

B&M blamed shop floor price reductions, quality improvements and the lacklustre performance of its bargain supermarket chain Heron Foods.

Chief Tjeerd Jegen said: "These are investments in the long term but do impact near-term financial performance."

Outlook in red for a decade

Consumers resilient, not optimistic, over economy

CONSUMER confidence rose slightly this month, driven by household "resilience" rather than economic optimism, according to a benchmark survey.

GfK's Consumer Confidence Index rose one point to minus 16, marking 10 years since it was last in positive territory. Personal finance expectations for the year crept up four points to six – eight higher than this time last year.

However, confidence in the general economic outlook for the next 12 months fell two points to minus 31 – three points higher than last January.

The Major Purchase Index – a measure of confidence in buying big-ticket items – was up one point to minus 10, 10 points higher than last year.

GfK consumer insights director Neil Bellamy said: "People feel they can manage their own finances but they remain unconvinced about the wider economic outlook. Let's be clear, this isn't optimism; it's resilience."

++ THE FTSE 100 THE FTSE 100 THE FTSE 100 ++

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
3i Group	3273	+1	4459	2999
A.B. Foods	1884	+24	2337	1838
Admiral Group	†			
Airtel Africa	362	+5½	372¾	126
Alliance Trust	1280	+2	1324	1050
Anglo American	3342	-59	3451	2003¾
Antofagasta	3517	-78	3665	1383
Ashtead Group	5242#	+130	5594	3659
AstraZeneca	13560	+222	14346	9667
Auto Trader	567½#	+6½	908½	558½
Aviva	653¼	-10½	692½	493
Babcock International	1464	-21	1502	500
BAE Systems	1985	-77	2093	1180½
Barclays	485½	+9¾	490	241¾
Barratt Development	382½	+½	482¼	350
Beazley Group	1116	-7	1170	769
Berkeley Grp Hldgs	4032	+28	4324	3524
BP	436¾	-8½	476¼	331¾
British Amer.Tob	4313#	+65	4421	2959
British Land	410¾	+6½	420½	321¼
BT Group	186¾#	+2¾	222¾	139½
Bunzl	2092	+6	3452	1989
Burberry Group	1274½	-5½	1371½	627¾
Centrica	181¾	-1¾	185¼	132¼
Coca-Cola HBC	3908	+26	4034	2762
Compass Group	2255#	+34	2843	2221
Convatec Group	236½	+7	295½	221¼
CRH	9124	+154	9704	6142
Croda International	2805	+33	3383	2465
DCC	4570	+96	5600	4350
Diageo	1695	+23	2503½	1421½
Diploma	5550#	+110	5685	3624
EasyJet	496¾	+13½	587¾	427½
Entain	677½	-5¾	1022	501¼
Experian Group	3016#	-54	4088	3016
F&C Inv Tst	1255#	+6	1272	962
Flutter Entert.	13350	-190	23630	13305
Fresnillo	4084	+34	4094	657

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
Games Workshop	17940#	-100	19840	12410
GlaxoSmithKline	1804½	+17	1901½	1264
Glencore	490¼	-9¾	502	230
Haleon	378	+1	415¼	326½
Halma	3696#	-14	3744	2360
Hikma	1568	+48	2340	1507
Hiscox	1504	+18	1537	1035
HSBC Holdings	1244¼	+13¼	1254	713¼
IMI	2732	+60	2762	1606
Imperial Brands	3013	+20	3312	2602
Informa	937½	+9½	993½	640¼
InterContinental Htl	10279½	-3370½	10431½	5502¼
Intermediate Cap.Grp	1940	-52	2450	1569
Intertek Group	4564	+26	5385	4064
Intl Consolidated Airlines	430¼	+10¼	437	224½
JD Sports	84½	+2½	104½	63¼
Kingfisher	323½	+2½	329¾	238½
Land Securities	641	+5	658	499½
Legal & General	258	-2¾	267¾	215¼
Lloyds Banking Grp	102	+½	103½	61¼
London & Stamford Prop	199½	+½	204½	170½
London Stock Ex	8724	-58	12095	8138

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
M&G	305	+¾	309¾	172¾
Marks & Spencer	361¼	+1¾	411¼	318½
Melrose	632		680	386
Mondi	877½	+19½	1326	819
National Grid	1186½	-4	1208½	919¾
NatWest Group	653½	+3¾	665½	411¼
Next	13490	-135	14580	9336
Pearson	964½	+16½	1379	929¾
Pershing Square Hold	4632	+88	5090	3244
Persimmon	1411½	+10	1424½	1037½
Phoenix Group	724½	-7	748½	499¼
Prudential	1171½	+4½	1195½	652
Reckitt Benckiser	6114	+74	6228	4633
RELX	2925	-45	4135	2906
Rentokil Initial	478¾	+9¼	483¼	309½
Rightmove	504¼	+9¾	823¾	493¼
Rio Tinto	6486	-155	6641	4117
Rolls-Royce Group	1244	-11	1305	582¾
Sage Group	1022½#	-2½	1348	1004¼
Sainsbury (J)	316	+1	355¾	228¾
Schroders	462	+9	467	289¼
Scottish Mortgage	1207	+17½	1215½	815¼
SEGRO	735¼	+13¼	751½	599
Severn Trent	2830	-26	2907	2370
Shell	2674	-59½	2931½	2291½
Smith & Nephew	1235½	+18½	1435	937¾
Smiths Group	2618	+4	2664	1687
Smurfit Kappa	3137	+45	4462	2558
Spirax-Sarco	7370	+220	8190	5445
SSE	2328#	-6	2383	1463½
St James's Place	1511	+62½	1522	791
Standard Chartered	1854½	+21	1878½	878¾
Tesco	416¼	-6	475½	314½
Unilever	4816	+31	6177½	4631
United Utilities	1206½#	-4½	1242	944½
Vodafone Group	103½#	+2½	104¾	64
Weir Group	3210	+78	3230	1984
Whitbread	2751	+37	3274	2335

Young's cheers on FTSE 250 upgrade

PUBS owner Young's has become the latest firm to unveil plans to quit London's small-cap stock market as it set it sights on the FTSE 250.

It plans to apply to join the main London Stock Exchange market to "enhance the company's corporate profile and appeal".

Young's market capitalisation of £450m means it is not far off the roughly £500m boundary for inclusion into the FTSE 250 index.

CEO Simon Dodd said: "We're excited. We think that the main market will deliver better things for us in the long term."

The junior AIM market has shed dozens of constituents over the past two years. But Dodd insists there is "no animosity with AIM", adding: "We have had a good 20 years."

Young's said it saw an 11.2% sales jump over the Christmas period.

+ BG + Barclays + BT + Centrica + Dixons Carphone + First Group + HSBC + Kingfisher + Marks & Spencer + Next + Prudential + Rolls-Royce + Sainsburys + Tesco + Unilever + Vodafone + Whitbread + WPP

SHARES AT A GLANCE

COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
Aerospace & Defence				
Avon Rubber	1936	-54	2180	1338
Babcock International	1464	-21	1502	500
BAE Systems	1985	-77	2093	1180½
Chemring Group	516	-7	593	297½
QinetiQ Group	515#	-17½	572	361
Rolls-Royce Group	1244	-11	1305	582¾
Senior	248	+20	255	115¾
Alternative Energy				
Porvair	870	-4	900	626
Banks				
Barclays	485½	+9¾	490	241¾
Bco Santander	925	+31	925	398½
Close Brothers	533½	+16½	550½	266½
HSBC Holdings	1244¼	+13¼	1254	713¼
Investec	604½	+11½	612	414
Lloyds Banking Grp	102	+½	103½	61¼
Metro Bank	129¾	+1½	133½	81
NatWest Group	653½	+3¾	665½	411¼
Paragon Group	895½	+11	970	686½
Standard Chartered	1854½	+21	1878½	878¾
Beverages				
Barr (AG)	641		711	574
Coca-Cola HBC	3908	+26	4034	2762
Diageo	1695	+23	2503½	1421½
Chemicals				
Carclo	57¾	+2¾	80	21
Croda International	2805	+33	3383	2465
Elementis	168¾	+1	176½	115
Johnson Matthey	2374#	+34	2380	1156
Synthomer	57		158¼	46
Treatt	215	+5	444	186½
Victrex	740	+22	1064	589
Construction & Materials				
Balfour Beatty	719	+6	735	390½
Costain Group	165	+3¼	168	86
CRH	9124	+154	9704	6142
Dialight	302		364	90¼
Galliford Try	541	+6	546	321
Gleeson (MJ)	407	+4	538	320
Keller Group	1738	+44	1748	1240
Kier Group	223	+7	231½	115¼
Marshalls	164	+1¾	293	159½
Morgan Sindall	4910	+75	4985	2945
Severfield-Rowen	29	-½	52¼	19
Smart (J) & Co	132½#		132½	110
Electricity				
Drax Group	893½	+4½	907	536½
SSE	2328#	-6	2383	1463½
Telecom Plus	1326	-18	2085	1280
Electronic & Electrical Equipment				
Acal	621#	+13	738	486
Halma	3696#	-14	3744	2360
Oxford Instruments	2500	+85	2530	1500
Renishaw	3875	+105	3910	2145
TT Electronics	109		154	73
XP Power	1116	+64	1314	621
Equity Investment Instruments				
Aberdeen Asian Sml	383	+6	383	256
Aberforth Smll.Co.	1652	+24	1662	1212
Acorn Income				
Albion Tech.& Gen. VCT	66		71	65½
Alliance Trust	1280	+2	1324	1050
Aurora Inv.Tst.	279	+2	279	212½
AVI Global Tst	265	+2	266½	202
Baillie Gifford Japan	920	-1	951	657
Baillie Gifford Shin Nip	137¾		139	95½
Bankers Inv.Tst	133½#		136	101
Baronsmead VCT.2	48½		52	46½
BH Macro GBP	404	-1½	409½	371½
Biotech Growth Trust	1285	+25	1290	620
BlackRock Mining	972	+4	980	406½
Bluehone AiM VCT2	28¼		31	27¼
British Assets Tst	27½	-¼	49¼	26¼
Brunner Inv.Tst	1476	+2	1496	1140
Caledonia Inv.	370½	+2½	391½	334½
City Natural Res.Yld	415		416½	165¾
City Of London	544#	-3	549	411½
Dunedin Ent.IT.				
Dunedin Income	310	+1½	313	262
Edin Wwide Inv	223½	+2	229½	143
Edin.Inv.Tst.	818	+6	839	680
Edin.US Tracker	382½#		387½	289½
Elderstreet VCT	38¾		41	36½
F&C Cap&Inc.	349½	+4½	354	287
F&C Inv Tst	1255#	+6	1272	962
F&C Smaller Cos	184¾#	+1¾	185½	136½
F&C US Smaller Companies	1417½		1515	1115
Fidelity Asian	614	-4	628	454
Fidelity European	430	+5	434	338½
Fidelity Special	432	+4½	435	295½
Finsbury Gwth&In	817	+1	962	795
Foresight Tech.VCT	67	+1½	75½	62
Genesis E.M.F.	1164	+12	1168	632
Graphite Ent	1532	+26	1600	1070
Hansa Tst 'A'	272	+4	274	190
Hansa Tst Plc	274		278	192½
Henderson Far Est	254		256½	190½
Henderson High Inc	196½#	+3	197¼	151
Herald Inv.Tst.	2640	+20	2645	1738
HGCapital Tst.	501	+1	538	448
HSBC Infrastructure	117	-½	125¼	106
Impax Env.Mkt	429½	+7½	431	310½
Int.Biotech.Tst.	982#	+12	996	480
International Public	127½	-½	130	107¾
Invesco Asia.	442	+2	447	300
Invesco Perp UK	388	+6	390	313½
JPM American	1132	-4	1186	869
JPM Asian	490#	+6	490	331½
JPM Claverhouse	880	+2	890	660
JPM Emerg Mkt	145½#	+1½	145½	95
JPM Euro Sml Co.	623#	+13	625	444½
JPM Global Emerging	183#	+1	184	118½
JPM Indian	971	+2	1106	904
JPM Japanese	748#	-4	759	493
JPM Overseas IT	582	+2	610	480
JPM Smaller Co	338	+5	340	253
JPM US Sml Co.	425	+6	514	338
Jupiter Euro.	939	+13	959	757
JZ Capital Partners	187		220	184
Law Debenture	1124	+10	1136	788
Lowland Invest Co	166½#	+1½	168	114½
Majedie Inv.	277	+3	280	230
Manchester&Lon.	780	+16	944	512
Martin Currie Prtflo Tst.	352#	+1	386	295
Maven Income And Growth VCT 33½			38	32½
Mercantile Inv Tst	267½#	+3½	268¼	202½
Merchants Tst	616	+5	620¼	474
Mid Wynd Int.	786	+4	836	664
Monks Inv.Tst.	1544	+20	1554	1036
Montanaro Euro Tst	170½	+3	183½	138
Montanaro Uk	104#	+1	106½	87¾
Murray Inc.Tst.	931	+8	938	754
Murray Int.Tst	331½#	+1	335	239
New India	730	-2	832	686
New Star Inv.Tst.	129½	-1½	131	100
North Atl.Smlr.Tst				
Northern 2 VCT	53½		57	52½
Northern Venture	56½		58½	55½
Oxford Tech 2 VCT	6½		7	5½
Pacific Assets.	375	+2	378	302
Pacific Horizon	864		877	507
Pantheon Int.	388	+3	388	266
Pershing Square Hold	4632	+88	5090	3244
Polar Cap.Tech	494	+8	497½	255½
RCM Technology Trust	543	+2	550	307
RIT Capital Partners	2220	+15	2275	1722
Ruffer Investment	304	+2	305¾	272½
Schroder Asia	702#	+4	705	461½
Schroder Inc.	352#	+1½	355	255
Schroder Japan	332#	+3	334	209
Schroder UK	209	+2	211	158½
Schroder UK M&S	742	+4	748½	520
Scottish American	524	+6	527	454½
Scottish Mortgage	1207	+17½	1215½	815¼
Shires Inc.	316#	+3	320	222
Small Comp Div.Tst	136	-2	150½	124
Standard Life Equity	418	+2	422	288½
Standard Life UK Sml	525	+8	531	426
Temple Bar.	382½	+4	386½	258
Templeton Emrg.	258½#	+2	258½	151¾
The European Inv.Tst	111½#	+1½	111½	84
Throgmorton Tst.	656	+10	661	469
TR Euro.Growth	225	+4½	226¼	163
TR Prop. IT	326½	+½	338½	277½
Witan Pacific	318	-½	322	222
Wwide Healthcare	381	+4	397	265½
Financial Services				
3i Group	3273	+1	4459	2999
3i Infrastructure.	374½	+½	385	301
Abrdn	221½	+3¼	225¼	123¾
Ashmore Group	230¾	+5	234½	125
Guinness Peat Group	87¼	+3¼	96	68¼
IG Group	1356	+9	1370	913
Intermediate Cap.Grp.	1940	-52	2450	1569
International Pers Fin	236		237	121½
IP Group	58¾	+1½	65	34¾
Jupiter Fund Man.	187½	+4½	188¾	68
Liontrust Asset Man	257	+2	458	231½
London Stock Ex.	8724	-58	12095	8138
M&G	305	+¾	309¾	172¾
Man Group	265	+5	271¾	154¾
Provident Financial	122	+6½	128½	49
Rathbone Brothers	2190	+20	2220	1406
S & U	2290	-10	2330	1330
Schroders	462	+9	467	289¼
St James's Place	1511	+62½	1522	791
Tullett Prebon.	261	+5½	311½	228
Walker Crips Group	13¼		15	7½
Fixed Line Telecommunications				
Airtel Africa	362	+5½	372¾	126
BT Group.	186¾#	+2¾	222¾	139½
Food & Drug Retailers				
Greggs	1660	+10	2182	1418
Marks & Spencer	361¼	+1¾	411¼	318½
Ocado	254½	-8	395½	172¼
Sainsbury (J)	316	+1	355¾	228¾
Tesco	416¼	-6	475½	314½
Food Producers				
A.B. Foods.	1884	+24	2337	1838
Anglo-Eastern	1470	+40	1525	616
Carr's Milling	134¾#	-1½	157	117
Cranswick.	5030#	+20	5490	4625
Glanbia	1397	+56½	1445	792¼
Greencore Group	269½#		278½	169¼
Kerry Grp 'A' Shs.	6667¾	+348¼	8791¾	6197¾
Premier Foods	186¾	+5½	214½	167
REA Holdings	124	-½	133	61½
Tate & Lyle	373¾	+8	661	358
Gas, Water & Multiutilities				
Centrica	181¾	-1¾	185¼	132¼
National Grid	1186½	-4	1208½	919¾
Pennon Group	552½	+7	555½	387½
Severn Trent	2830	-26	2907	2370
United Utilities	1206½#	-4½	1242	944½
General Industrials				
Bunzl	2092	+6	3452	1989
Goodwin	25000	+900	26000	6180
Melrose	632		680	386
Mondi.	877½	+19½	1326	819
Smiths Group	2618	+4	2664	1687
Smurfit Kappa	3137	+45	4462	2558
General Retailers				
ASOS.	310	+9	436½	218½
Auto Trader	567½#	+6½	908½	558½
B&M Europ Value Ret	174	+1	344½	155¼
Caffyns.	415		500	415
Dixons Carphone	144½#	+9½	146	85¼
Dunelm	955	+10	1232	858½
Frasers Group	695½	+11½	770	546
Halfords Group	148	+3¼	174½	116¼
Headlam Group.	45	-2	138½	44½
Howden Joinery	862½	+11	914½	679½
Inchcape	801½	+8½	808	638
JD Sports	84½	+2½	104½	63¼
Kingfisher	323½	+2½	329¾	238½
Next.	13490	-135	14580	9336
Pets At Home	198½	+5	273¼	192¾
RM Group.	111		118	82
Topps Tiles	41¾#	-¼	50	29
WH Smith	683#		1307	613½
Health Care Equipment & Services				
Convatec Group	236½	+7	295½	221¼
Flying Brands	+½		2	+½
Smith & Nephew	1235½	+18½	1435	937¾
Household Goods & Home Construction				
Barratt Development	382½	+½	482¼	350
Bellway	2720	+28	2982	2166
Berkeley Grp Hldgs	4032	+28	4324	3524
Bovis Homes	650	+5	701	510¾
Mcbride.	147	+5¾	159	107
Persimmon	1411½	+10	1424½	1037½
Reckitt Benckiser	6114	+74	6228	4633
Taylor Wimpey	107¾	+½	123¼	93
Industrial Engineering				
Bodycote	772	+23	779½	460½
Hill & Smith	2340	+90	2360	1530
IMI	2732	+60	2762	1606
Morgan Crucible.	239½	+7½	274	177½
Northgate	376½	+3	395	273½
Rotork	348½	-½	353¾	275¾
Spirax-Sarco	7370	+220	8190	5445
Vesuvius	479	+43½	479	313¾
Weir Group	3210	+78	3230	1984
Xaar.	112	+2	145	59
Industrial Metals & Mining				
Castings.	264½	+3½	319	234
Evraz				
Ferrexpo	78½	+9¼	110¾	44¼
Industrial Transportation				
Braemar Shipping Serv	222½	-1½	278	201
Clarkson	4140	+40	4505	2995
FirstGroup	184	+3¼	233	146½
Fisher (J) & Sons	368	+7	403	285
Leisure Goods				
Games Workshop.	17940#	-100	19840	12410
Photo-Me Intl.	133¼	-¾	230	132
Life Insurance				
Aviva.	653¼	-10½	692½	493
Chesnara.	302	+3½	304	212¾
Legal & General	258	-2¾	267¾	215¼
Phoenix Group	724½	-7	748½	499¼
Prudential	1171½	+4½	1195½	652
Media				
4imprint Group	4280	+85	6030	3035
Bloomsbury Publish.	508	+10½	672	468
Future.	537#	+29½	1029	492½
Informa	937½	+9½	993½	640¼
ITV	80¾	+1½	87¾	66¼
Pearson	964½	+16½	1379	929¾
Reach	60¼	+1	88¼	53
STV Group	112		202	103
Wilmington Group.	292	+1	387	286
WPP Group	324	+13¾	787¾	269
Mining				
Anglo American	3342	-59	3451	2003¾
Anglo Pacific	141¼#	+¾	141¾	50
Antofagasta.	3517	-78	3665	1383
BHP Billiton	2414	-43	2475	1609½
Endeavour Mining	4274	-4	4282	1519
Fresnillo.	4084	+34	4094	657
Gem Diamonds.	3	-¼	12	2¾
Glencore	490¼	-9¾	502	230
Hochschild Mining.	677	+76½	677	168
Kenmare Res.	265	+7	436	227
Petra Diamonds	16	-½	30½	10½
Rio Tinto	6486	-155	6641	4117
Mobile Telecommunications				
Vodafone Group	103½#	+2½	104¾	64
Nonequity Investment Instruments				
Oryx Int.Gwth.	1260	+25	1392½	1042½
Rights &Iss.Inc	2035	-5	2220	1670
Nonlife Insurance				
Admiral Group				
Beazley Group	1116	-7	1170	769
Hiscox.	1504	+18	1537	1035
Lancashire	615		694	523
Oil & Gas Producers				
BP	436¾	-8½	476¼	331¾
Cairn Energy	224½	-1	329	183
Enquest	11½	-½	16½	9¾
Gulf Keystone Pet.	172	-13½	224½	148¾
Harbour Energy	206½	-15½	289¼	151¼
Shell	2674	-59½	2931½	2291½
Soco International	21		25¾	18
Tullow Oil	7	-¼	21½	4
Oil Equipment, Services & Distribution				
Hunting.	434	+4½	440	246½
John Wood Group	26½	+¼	72½	17¼
Personal Goods				
Burberry Group	1274½	-5½	1371½	627¾
PZ Cussons	70½		88¼	66
Unilever.	4816	+31	6177½	4631
Pharmaceuticals & Biotechnology				
AstraZeneca	13560	+222	14346	9667
Genus.	2800		2850	1548
GlaxoSmithKline	1804½	+17	1901½	1264
Haleon	378	+1	415¼	326½
Hikma.	1568	+48	2340	1507
Ovoca Gold	1¼			
Oxford Biomedica	853	-22	913	232½
Real Estate Investment & Services				
Boot (Henry)	222	+2	237	196
Cardiff Property	2700#		2700	2540
CLS Holdings	61½	+2½	75	53½
Foxtons	52¼		67¾	51¾
Harworth Group	164½	-½	189½	159½
Mountview Est.	9050	+250	10200	8700
Panther Secs.	290		320	270
Rightmove.	504¼	+9¾	823¾	493¼
Savills	1076	+2	1110	871
Wynnstay Props.	860		875	695
Real Estate Investment Trusts				
Big Yellow Group	1034#	-6	1180	848
British Land	410¾	+6½	420½	321¼
Capital & Counties	142½	+1½	161¼	113½
Derwent London	1905	+18	2096	1608
Grainger	190¾#	+1¼	228	177½
Great Portland Est.	345½	+5	363	262
Hammerson	336½	+3¾	348¼	220½
Helical Bar	186	+2¾	240	171¾
Land Securities	641	+5	658	499½
London & Stamford Prop	199½	+½	204½	170½
Primary Health.	104	+½	105	87½
SEGRO	735¼	+13¼	751½	599
Town Centre	123		149	117
Unite Group	573	+2	879½	510
Value & Income	200¼#	-¼	215	173
Workspace Group	425½#	+7	473½	362
Software & Computer Services				
Computacenter	3368	+308	3410	2086
Intec Telecom				
Microgen	285	+1½	344	255
Moneysupermarket	187¼	+2½	221½	180½
Pendragon	373	+30	558	296
RELX	2925	-45	4135	2906
Sage Group	1022½#	-2½	1348	1004¼
Triad Group	250		400	236
Support Services				
Ashtead Group	5242#	+130	5594	3659
Capita Group	393	+10½	407½	175
DCC	4570	+96	5600	4350
Diploma	5550#	+110	5685	3624
Essentra.	107¼	+3¼	126¼	89¾
Experian Group	3016#	-54	4088	3016
Ferguson.	18830#	+390	19470	11670
Hays	48¼	+2¼	88¼	44¾
Intertek Group	4564	+26	5385	4064
Johnson Service	144	+5¼	159½	124
London Security	2850		3800	2750
Macfarlane Group	72½	+1½	120½	62¾
Mears Group	357½	+9	417½	311½
Michael Page	204	+9½	341¼	193
Mitie Group	168½#	+2¼	171½	112
Norish.	18¾		19	14
Paypoint	506	+8	853	438½
Rentokil Initial	478¾	+9¼	483¼	309½
Robert Walters.	130	+1½	306	116
RS Group.	652½	+15½	681½	487¼
Serco Group	304½	+¾	311	150
SIG	10	+¼	18	8½
Smiths News.	66¼#	+¼	77½	47½
Speedy Hire.	25½	-¼	32¼	18
SThree	187¼	+5	285	137½
Travis Perkins	660½	+13½	714	494
Trifast	80¼	+4¼	87½	59
Vitec Group	11¾		128	11
Technology Hardware & Equipment				
BATM Advanced	15¾		19¾	13
Tobacco				
British Amer.Tob	4313#	+65	4421	2959
Imperial Brands.	3013	+20	3312	2602
Travel & Leisure				
888 Holdings	30¼	+3¾	74	21
Carnival	2140	+31	2406	1134
Celtic.	195		200	142½
Compass Group	2255#	+34	2843	2221
Domino's Pizza.	187	+4	302¾	167¼
EasyJet.	496¾	+13½	587¾	427½
Entain.	677½	-5¾	1022	501¼
Flutter Entert.	13350	-190	23630	13305
Fuller Smith & Turner	722	-8	738	508
Heavitree	220		280	200
InterContinental Htl	10279½	+163	10431½	5502¼
Intl Consolidated Airlines	430¼	+10¼	437	224½
Irish Continental Uts	557½		575	380
Marston's	67¾	+3½	67¾	33¼
Mitchells & Butlers	266½	+6½	291½	208½
National Express	22¾	+½	75	21
Rank Group	98½		160½	78
Saga	410		438	114¼
Wetherspoon (JD)	688½	+9	804	541
Whitbread	2751	+37	3274	2335
AIM				
Alumasc Group	236½	-1	395	230
Arbuthnot Banking	880	+5	1100	837½
Boohoo	23	+1	29¾	10½
Camellia	4995		6050	4090
Churchill China	365	+4	710	324
CML Microsystems.	245	-4	335	210
Colefax Group	975		1000	750
CPP Group	67½		162	60
Cropper (James)	370	+5	400	132½
Falkland Islands.	248#	-1	316¾	162½
Fevertree Drinks	899	+9	998	644½
Filtronic	190	+8	194	82½
James Halstead	135½	+2	179½	133
Mothercare	2		4¼	2
Mpac Group	372½	+22½	578	270
Naked Wine.	75	+½	93½	43
Nichols.	1010	-5	1465	930
Northamber	31#		34	26¼
Portmeirion.	99	+½	189	94
Regal Petroleum	16½	+¼	23½	14½
Rockhopper Exploratn	74½	+1	87¾	33¼
Ten Alps	47½		73	46½
Titon Holdings.	92½	+2½	97½	69
Volex.	470	+8½	478½	198¾
Young & Co Brewery A.	872	+60	992	714

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Ex-dividend * Ex-rights a Ex-All c Ex-capitalisation † Shares suspended

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Introducing the Colfax Power Motion Lift-Assist Recliner – the perfect fusion of comfort, style, and functionality. This chair is designed to elevate your relaxation experience, whether you're winding down after a long day or taking a well-deserved nap. Crafted with a solid, hard wooden frame and a strong metal recline mechanism, the Colfax ensures durability and long-lasting use, so you can enjoy comfort for years to come.

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Upholstered in luxurious, textured fabric, the Colfax recliner offers a soft, cosy feel with an added touch of style. Its sleek grey colour blends effortlessly with any décor, making it an elegant addition to any room. The chair features infinite recline positions, allowing you to adjust the chair to your perfect angle. Whether you're lounging, reading, or relaxing, you can find the position that best suits your comfort needs.

For those who may need assistance standing up, the lift-assist function is an invaluable feature. It gently helps you rise from a seated position, offering enhanced mobility and independence. The Colfax ensures you don't have to sacrifice comfort for practicality.

MASSAGE AND HEAT FUNCTION FOR EXTRA RELAXATION

In addition to its superior recline and lift capabilities, the Colfax is equipped with integrated massage points in the seat, lower back, and upper back. These massage points target areas where tension builds up, offering a soothing, therapeutic experience that helps relieve aches and stresses. This makes the Colfax ideal for relaxing after a busy day.

With its thoughtful design, sturdy construction, and luxurious features, the Colfax Power Motion Lift-Assist Recliner is more than just a chair - it's a vital part of your home relaxation routine. Embrace comfort, mobility, and relaxation with the Colfax and make it your go-to spot for everyday unwinding.

- ✓ Electrically operated rise and recline
- ✓ Warming heat function
- ✓ Massage points in seat, lower and upper back
- ✓ Textured fabric
- ✓ Size: H92 x W94 x D85 cm

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POSITIVE THINKIN

Gavin feeling upbeat about Gold Cup hero

By **David Yates**

INOTHEWAYURTHINKIN is "heading in the right direction" as last year's Cheltenham Gold Cup hero bids to get back on track at Leopardstown's Dublin Racing Festival a week tomorrow.

GOLDEN MEMORY: Inothewayurthinkin and Mark Walsh after their Gold Cup win

The JP McManus-owned eight-year-old denied the hat-trick-seeking Galopin Des Champs in the Gold Cup last March but has been beaten a total of 94 lengths in the John Durkan Punchestown Gold Cup and the Savills Chase at Leopardstown this season.

The pair will reoppose in the Paddy Power Irish Gold Cup back in Foxrock next Saturday and Cromwell, whose stable roared back to form with a treble at Gowran Park yesterday – including last-gasp Thyestes Chase victor Now Is The Hour – said of Inothewayurthinkin: "At the moment we're on target. I am happy with him now at home. He'll have to continue like that and hopefully he does.

"The first day in the John Durkan was two and a half [miles] and the way the race was run didn't suit, but I was still happy enough.

"His run at Christmas wasn't a run – he never showed up at all. He needs to bounce back from that but hopefully we can keep him heading in the right direction."

Now Is The Hour got up in the final stride to deny Better Times Ahead in the Gowran feature and earn a 33-1 quote for the Randox Grand National at Aintree on April 11.

❑ FONTWELL PARK faces an inspection at 8am today ahead of Sunday's card, with clerk of the course Philip Hide reporting: "We're not in a great position."

Gut reaction could be a winning one

By **The Scout** (Melissa Jones)

FEEL GUT (1.05, Nap) is the clear choice in Warwick's Hazelton Mountford Insurance Brokers EBF Junior Hurdle.

The four-year-old was one of two horses purchased from a conditions event at Auteuil by Gold Cup-winning owners Joe and Marie Donnelly.

First-placed Macho Man chased home Proactif when the Willie Mullins-trained stablemates debuted at Fairyhouse earlier this month.

That looked an interesting JCB Triumph Hurdle warm-up and Feel Gut runs here for Nicky Henderson, above, instead of Festival Trials Day tomorrow.

My selection looks a useful recruit in the colours of Champion Hurdle favourite Sir Gino.

JOUR D'EVASION's (2.05, nb) bold jumping should be an asset in the Betano Backing British Racing Novices' Limited Handicap Chase.

Henry Daly's top weight carried 12st 2lb to an easy triumph at Chepstow's Welsh Grand National fixture and he has previously seen out an extra few furlongs, which should help if this is run at a good gallop.

Recent Bangor third HARDLY SURPRISING (12.45, trb) is the pick in Doncaster's Virgin Bet EBF Maiden Hurdle now he has gained more racecourse experience.

DONCASTER SKYSPORTSRACING

12.45 EBF 'NATIONAL HUNT' MAIDEN HURDLE £6,535 (Class 4) 2m 3f 88yds (15 declared)

1 5-18 AGENT ARGYLLE (27) R Phillips 6 11-10 ..... F Lambert(3) –
2 57 BERKS AND BUCKS (43) L Wadham 6 11-10 ..... B J Powell –
3 250-6 DANGER NAP (89) J & A O'Neill 5 11-10 ..... Jonjo O'Neill Jr 92
4 2-226 DIG DEEP (35) B Pauling 5 11-10 ..... B R Jones 116
5 1-53 ● HARDLY SURPRISING (55) (T) H Fry 5 11-10 ..... B Carver 114
6 2-6L KASTELLION (54) Mrs M Rowley 6 11-10 ..... T Wynne 96
7 2/612-45 KIWI RUSH (22) Harry Derham 6 11-10 ..... Paul O'Brien 112
8 12/0-4P LES'S DESTINY STAR (35) B Pauling 7 11-10 ..... K Woods 105
9 123/ MULINAS (647) (T) P Nicholls 7 11-10 ..... S Twiston-Davies –
10 3/6-7U NAME ME NICELY (41) K Bailey & M Nicholls 6 11-10
T Bellamy 86
11 121-436 PASSING DIAMOND (44) N Mulholland 6 11-10 .. B Harris(3) 72
12 21-13 RATHKENNY (28) N Mulholland 6 11-10 ..... C O'Farrell 92
13 0- SCRUMPYJACK (398) C Longsdon 5 11-10
D McConville(7) –
14 2/98-533 WEST HILL VERDE (35) (F) Seamus Mullins 6 11-10 .. B Hughes ★125
15 99 TIERBAY (43) C Dyson 6 11-3 ..... Lee Edwards –

TONGUE STRAP: Nos. 5, 7 HOOD: No. 9.
SOFT/HEAVY WINNERS: Nos. 7, 12.

SP FORECAST: 5-2 West Hill Verde, 4 Hardly Surprising, 5 Dig Deep, 7 Mulinas, Kiwi Rush, 10 Agent Argylle, 12 Name Me Nicely, 20 Danger Nap, 25 Others.
2025: George's Lad 5-11-10, Harry Cobden 10-11 Fav (E Lavelle), 12 ran.

1.15 VIRGIN BET 'CHASING EXCELLENCE' NOVICES' CHASE £8,169 (3) 2m 3f 31yds (6)

1 0/3227-1 LARIO (34) Harry Derham 7 11-8 ..... Paul O'Brien 132
2 615-321 ● ONE BIG BANG (40) (F) James Owen 8 11-8
A Chadwick(3) ★145
3 12UL-L1 WESTERN KNIGHT (51) (T) J Tizzard 7 11-8 ..... B J Powell 139
4 13P12-P ELYSIAN KNIGHT (48) N Mulholland 7 11-2 ..... C O'Farrell –
5 231U5-9 KAP OUEST (267) (T) H Fry 7 11-2 ..... B Carver –
6 1/111PP- ROADLESSTRAVELLED (328) J & A O'Neill 7 11-2
Jonjo O'Neill Jr –

TONGUE STRAP: Nos. 1, 3 HOOD: No. 5.
SOFT/HEAVY WINNERS: Nos. 4, 1, 2, 6.

SP FORECAST: 2 One Big Bang, 5-2 Roadlesstravelled, 7-2 Western Knight, 8 Lario, Elysian Knight, 14 Kap Ouest.

TRACK FACTS: GOING: Soft. Left Handed. **TOP TRACK JOCKEY (2021-26):** Brian Hughes 16% Strike rate. **TOP TRACK TRAINER (2021-26):** D McCain 15% Strike rate. **FIRST TIME:** 1.15 Western Knight (tongue strap), 1.45 Hobnail (wind surgery), 12.45 Kastellion (wind surgery), Mulinas (hood). **BEATEN FAVOURITES:** 1.15 Elysian Knight(hcp ch). 2.15 Glynn Brae(hcp hdl). **LONGEST TRAVELLER: Hardly Surprising** (12.45) & **Kap Ouest** (1.15) 249 miles. **STABLE SWITCH:** 1.45 **Desertmore News** from D Leahy in Ireland to T Ellis.

THE SCOUT

12.45 HARDLY SURPRISING
1.15 One Big Bang
1.45 Minella Jury
2.15 Glynn Brae
2.50 Jamaicaine
3.25 The Long Point
4.00 Passing Pleasure

1.45 VIRGIN BET A GOOD BET NOVICES' HURDLE £8,169 (3) 2m 128yds (13)

1 2/1 IRANDANDO HAS (40) S Allwood 7 11-8 ..... T Wynne 107
2 3211 ● MINELLA JURY (35) N & W Twiston-Davies 6 11-8
S Twiston-Davies 110
3 F51 MINSTREL KNIGHT (27) E Bethell 5 11-8 ..... B Hughes 117
4 6 CHILLINGHAM (27) M Hammond 7 11-2 ..... C Bewley 106
5 3 DESERTMORE NEWS (62) T Ellis 6 11-2 ..... J Andrews(3) –
6 L HOBNAIL (32) C Dyson 6 11-2 ..... Lee Edwards –
7 2-23 LASKO DES OBEAUX (36) Harry Derham 5 11-2 .. Paul O'Brien 116
8 190-232 LEGAL WEAPON (37) B Pauling 6 11-2 ..... B R Jones ★126
9 03 LIBERTY COACH (27) J & S Quinn 5 11-2 ..... Craig Nichol 115
10 5 PRINCE OF CLOVA (85) P Niven 5 11-2 ..... A Anderson(5) –
11 2/P7- FINAL ESCAPE (520) O Greenall & J Guerriero 7 10-9
C J Todd –
12 4-50 NEEPS AND TATTIES (32) R Phillips 7 10-9 .. F Lambert(3) 105
13 UL4 DIVISION DAY (27) B Ellison 4 10-3 ..... D McMenamin 92

TONGUE STRAP: No. 6 HOOD: No. 12.
SOFT/HEAVY WINNERS: Nos. 2, 3.

SP FORECAST: 3 Legal Weapon, 7-2 Lasko Des Obeaux, 9-2 Minella Jury, 11-2 Minstrel Knight, 13-2 Irandando Has, 12 Liberty Coach, 14 Prince Of Clova, Chillingham, 25 Others.
2025: Meetmebythesea 5-11-12, Callum Pritchard(7) 1-2 Fav (B Pauling), 8 ran.

2.15 SAFE GAMBLING HANDICAP HURDLE £13,202 (2) 2m 3f 88yds (6)

1 5L25-1P DARGIANNINI (55) Harry Derham 11 12-0 ..... Paul O'Brien 139
2 2119-23 GUARD DUTY (22) (F) E Lavelle 9 11-13 ..... B R Jones 143
3 LLL-213 BOWMORE (41) C Longsdon 8 11-8 ..... Doubtful 142
4 3L12-11 FINGAL'S HILL (223) (C&D) P Atkinson 10 11-8 .. C Bewley 135
5 2115-15 ● GLYNN BRAE (40) N & W Twiston-Davies 6 11-6
S Twiston-Davies 141
6 1190/4-4 GEROMINO (24) (C&D) D McCain 10 10-11 ..... Doubtful 135
7 L1PP-64 GINGER MAIL (55) (C) N Alexander 10 10-9 ..... B Lynn 130
8 143-272 SMOKERINGINTHEDARK (22) (F) N Richards 6 10-7
D McMenamin ★144

TONGUE STRAP: Nos. 1, 6 CHEEK PIECES: Nos. 4, 7 HOOD: No. 2.
SOFT/HEAVY WINNERS: Nos. 1, 4, 7, 5, 2.

SP FORECAST: 15-8 Guard Duty, 3 Glynn Brae, Smokeringinthedark, 8 Fingal's Hill, 16 Ginger Mail, 20 Dargiannini.
2025: Classic King 7-11-0, Rex Dingle 10-1 (E Lavelle), 7 ran.

2.50 VIRGIN BET NOVICES' LIMITED HANDICAP HURDLE £4,225 (5) 2m 3f 88yds (12)

1 U-LL511 ● JAMAICAINE (11) N Mulholland 7 12-0(7ex) .. Harry Atkins(7) ★98
2 3-37F63 VANILLA DANCER (38) C Grant 7 11-12 ..... D McMenamin 90
3 4L8L6L LITTLE SOIREE (27) Olly Williams 8 11-11 ... Beau Morgan(5) 82
4 643521 SOMEBODYCOMEGETHER (38) (D,F) J Bedi 6 11-9 .. A Anderson(5) 92
5 F32-665 ANAMANDA (46) N Alexander 7 11-7 ..... B Lynn 97
6 L93L6P KEEP IT COOL (33) (F) James Owen 6 11-7 .. S Twiston-Davies 95
7 3L75-74 SNAPAUDACIAHEROS (78) R Menzies 6 11-6 ..... N Moscrop 87
8 2-2342F LILLISTAR (28) M Hammond 6 11-3 ..... B Hughes 96
9 43-5L4L THE LAST DROP (35) R Phillips 7 10-12 ..... F Lambert(3) 90
10 5053-83 JOTO (43) John Dawson 6 10-11 ..... C Maggs(5) 91
11 8LL64-9 GENIES GIRL (28) M Walford 7 10-9 ..... J Hamilton 86
12 P4798P- RHYME SCHEME (F58) P Winks 9 10-7 ..... C Rabbitt(3) –

TONGUE STRAP: Nos. 4, 10 CHEEK PIECES: Nos. 4, 5, 6.
SOFT/HEAVY WINNERS: Nos. 1, 2.

SP FORECAST: 10-11 Jamaicaine, 9-2 Somebodycomegether, 7 Lillistar, 8 Vanilla Dancer, 12 Joto, 20 Anamanda, 25 Others.

3.25 VIRGIN BET HANDICAP CHASE £5,281 (4) 2m 7f 214yds (5)

1 2-2FL57 FINN LOUGH (28) (C&D) O Greenall & J Guerriero 7 12-0
Craig Nichol 107
2 P658-13 KALHANDRION (23) R Hobson 6 11-12 ..... C Maggs(5) ★113
3 4425-45 ● THE LONG POINT (59) E Lavelle 7 11-8 ..... B R Jones 106
4 363313 QUEENS WISH (28) (D) C & A Pogson 7 11-6 ..... Doubtful 111
5 3LL-P3F SWIFT JET (32) R Phillips 8 11-6 ..... F Lambert(3) –
6 222-211 JUKEBOX D'EDDY (24) (D) T R Gretton 7 10-7 .... B Hughes 108

BLINKERS: No. 1 VISOR: No. 6 TONGUE STRAP: Nos. 1, 2, 6 CHEEK PIECES: Nos. 3, 5.
SP FORECAST: 5-4 Jukebox D'eddy, 7-4 Kalhandrion, 13-2 Swift Jet, 10 Finn Lough, 12 The Long Point.

4.00 VIRGIN BET HANDICAP HURDLE £5,281 (4) 3m 84yds (10)

1 6111/P-P VEE DANCER (69) R Potter 11 12-1 ..... F Keighley(7) –
2 56-4111 MASK OF ZORRO (24) (D) (T) J Tizzard 6 11-13 .. B J Powell 108
3 5042-11 ● PASSING PLEASURE (38) O Greenall & J Guerriero 6 11-12
Craig Nichol 111
4 36/4-72 THE TWO HARRYS (53) Harry Derham 7 11-11 .. Paul O'Brien 106
5 331116 BE THE DIFFERENCE (28) (D,F) P Kirby 10 11-11 .. J Williamson(3) 110
6 4421-45 ILITCH (47) S Edmunds 8 11-11 ..... C Hammond ★112
7 38-8L74 BALBOA (24) Seamus Mullins 6 11-10 ..... Doubtful 108
8 3-F8P11 ROMEO BROWN (41) (C&D) J Parkinson & S Smith 12 11-9
O Palmer(7) 109
9 5/53-244 MILAN PARK (28) C Grant 7 11-8 ..... R Chapman 108
10 012P/LL JUSTUS (26) M Hammond 8 11-5 ..... B Hughes 88
11 4-7L7 GREEDY SMITH (27) J & A O'Neill 6 11-2 ..... K Woods 103

TONGUE STRAP: Nos. 1, 3, 9 CHEEK PIECES: Nos. 1, 8, 10.
SOFT/HEAVY WINNERS: Nos. 7, 5, 10, 2, 3, 8.

SP FORECAST: 11-4 Passing Pleasure, 7-2 Romeo Brown, 4 Be The Difference, 5 Mask Of Zorro, 8 Ilitch, 10 The Two Harrys, 16 Milan Park, 25 Others.

RESULTS

4.35–ALFRED SPERO (F Marsh, 11-10 fav) 1; Night Bear (5-1) 2; Silkies Sib (5-2 2nd fav) 3. H'cap 12 ran. hd, 1¼l. (G Tutty). Tote: £2.10; pl £1.10, £2.40, £1.70. exacta: £10.20. tricast: £13.21. trifecta: £25.90. CSF: £7.14.

5.10–MR JUGGLES (R Havlin, 4-1 co 2nd fav) 1; Tactical Blitz (4-1 co 2nd fav) 2; Foxtrot Flyer (5-1) 3. 12 ran. 1¾l, 1¼l. (M Appleby; 7-2 fav Grey Force). Tote: £5.30; pl £1.80, £1.80, £1.50. exacta: £18.80. trifecta: £80.00. CSF: £20.74.

5.40–ALBERT CEE (D E Hogan, 16-5 2nd fav) 1; Hint Of The Jungle (17-2) 2; Profit Street (85-40 fav) 3. H'cap 10 ran. ½l, ½l. (P & J Clutterbuck). Tote: £4.04; pl £1.50, £2.40, £1.50. exacta: £34.40. tricast: £61.86. trifecta: £82.60. CSF: £29.20. Non-runners: Reddeef, Swiss Ace. Reddeef| Rule 4 applies to All Bets, deduct 5p in the pound

Placepot: £53.80
(Race 1) 1, 4, 3; (2) 4, 7, 10; (3) 1, 9, 2; (4) 4, 1, 2; (5) 6, 5, 3; (6) 4, 8, 7;
Quadpot: £26.90

WETHERBY: Soft

12.20–KLYCOT (H Bannister, 11-8 fav) 1; Cloaks Of Gold (17-2) 2; My Kinda Ghaiy (7-2) 3. 10 ran. 12l, 3¾l. (R Bandey). Tote: £2.38; pl £1.10, £1.80, £1.30. exacta: £13.30. trifecta: £32.80. CSF: £14.13. Non-runners: Glenridding, Treasure Islands.

12.50–STARMOUNT (B R Jones, 1-7 fav) 1; Kaka's Cousin (16-5 2nd fav) 2; William Yeats (50-1) 3. 12 ran. 15l, 21l. (B Pauling). Tote: £1.15; pl £1.02, £1.10, £4.30. exacta: £1.60. trifecta: £10.80. CSF: £1.32.

1.20–GERYVILLE (B Hughes, 18-1) 1; Genois (9-2 2nd fav) 2; Johnson's Blue (28-1) 3. H'cap 9 ran. 3¾l, 4¾l. (M Hammond; 10-11 fav Pleasington). Tote: £22.00; pl £3.70, £1.60, £5.40. exacta: £83.10. tricast: £2291.36. trifecta: £1865.10. CSF: £100.16.

1.55–ERIC CARMEN (B Macey, 9-1) 1; Forest Blaze (15-8 fav) 2; Ionity (20-1) 3. H'cap 13 ran. ¾l, hd. (G Hanmer). Tote: £11.70; pl £3.10, £1.40, £5.40. exacta: £30.50. tricast: £355.30. trifecta: £634.70. CSF: £26.93. Non-runners: Diamond Trilogy, Mythical, River Rider.

2.30–CELESTIAL FASHION (C Bewley, 4-1) 1; Taxus Baccata (13-2) 2; She Is For Me Boys (2-1 2nd fav) 3. H'cap 5 ran. 18l, 27l. (I Duncan; 15-8 fav Dontyawantme). Tote: £5.00; pl £2.00, £2.40. exacta: £15.10. trifecta: £40.40. CSF: £26.18. Non-runner: Politacus.

3.05–LA HIGUERA (K Brogan, 10-3) 1; Moveonbuy (12-1) 2; Asa (5-2 fav) 3. H'cap 7 ran. hd, (T Lawes). Tote: £4.34; pl £2.10, £4.30. exacta: £32.40. tricast: £115.29. trifecta: £130.80. CSF: £39.22. Non-runners: De Deli Counter, Evenwood Sonofagun, Superior Glance.

3.40–CLONDAW ROYALE (B Macey, 7-2 fav) 1; Cuillin Ridge (18-5 2nd fav) 2; King Casey (12-1) 3. H'cap 9 ran. 1¾l, 1l. (J & A O'Neill). Tote: £5.20; pl £1.60, £1.60, £3.20. exacta: £19.40. tricast: £138.10. trifecta: £188.80. CSF: £17.57. Non-runner: Bollin Thou.

Jackpot: £10,000.00
Placepot: £102.90
(Race 1) 1, 6, 10; (2) 2, 1, 11; (3) 9, 6, 2; (4) 10, 2, 6; (5) 6, 5; (6) 5, 9;
Quadpot: £79.20

NEWCASTLE: Standard

3.55–TIME TURNER (C Rodriguez, 7-2 jt fav) 1; Bouboule (10-1) 2; Annandale (7-1) 3. H'cap 10 ran. 3½l, 1½l. (E Bethell; 7-2 jtfav Saahir). Tote: £4.50; pl £1.40, £3.30, £2.00. exacta: £42.60. tricast: £240.61. trifecta: £325.30. CSF: £40.89.

4.25–ELIZABETTY (C Hardie, 15-2) 1; Dakota Breeze (11-4 2nd fav) 2; Five Cay (9-4 fav) 3. 8 ran. 3¼l, ½l. (B Ellison). Tote: £8.50; pl £1.70, £1.50, £1.20. exacta: £34.70. trifecta: £119.00. CSF: £29.27.

5.00–CONTORNO (H Crouch, 7-4 fav) 1; Mystical Land (13-2) 2; Mademoiselle Belle (7-2 2nd fav) 3. H'cap 7 ran. ½l, nk. (T Tate). Tote: £2.75; pl £1.60, £3.00. exacta: £12.40. tricast: £36.18. trifecta: £54.20. CSF: £14.07. Non-runner: Havin A Flyer.

5.30–DINGLE (Jason Watson, 5-1) 1; Nikovo (7-2 2nd fav) 2; Bajan Bandit (7-1) 3. H'cap 7 ran. ½l, 2¾l. (J Camacho; 3-1 fav Bridget's View). Tote: £6.60; pl £3.40, £1.90. exacta: £22.40. tricast: £123.11. trifecta: £162.80. CSF: £23.51. Non-runner: Angel Hunter.

6.00–SURGEON COMMANDER (J Hart, 9-1) 1; Maynora (10-1) 2; Runninman (7-4 fav) 3. H'cap 7 ran. ns, 5½l. (Craig Lidster). Tote: £11.80; pl £4.90, £4.70. exacta: £56.50. trifecta: £260.40. CSF: £89.86.

6.30–VANTHEMAN (S Gray, 13-8 2nd fav) 1; Arnhem (12-1) 2; Night Storm (evens fav) 3. H'cap 8 ran. hd, 1½l. (K Ryan). Tote: £2.63; pl £1.10, £2.60, £1.20. exacta: £23.80. tricast: £29.35. trifecta: £46.80. CSF: £23.46.

7.00–AISLING OSCAR (C J Whiteley, 15-8 fav) 1; Goldmoyne (11-2 2nd fav) 2; Wyvern (25-1) 3. H'cap 12 ran. ½l, 2¼l. (A Keatley). Tote: £2.88; pl £1.20, £2.30, £5.60. exacta: £12.10. tricast: £199.98. trifecta: £115.50. CSF: £11.85.

Placepot: £150.40
(Race 1) 6, 5, 2; (2) 7, 1, 2; (3) 7, 3; (4) 4, 2; (5) 3, 5; (6) 3, 7, 1;
Quadpot: £41.80

HUNTINGDON: Soft

12.28–TOUQUET (J M Davies, 10-3) 1; Kahavari (6-1) 2; Plantaroma (3-1 2nd fav) 3. H'cap 6 ran. 1½l, 4½l. (N Gifford; 2-1 fav A Great Excuse). Tote: £4.34; pl £1.60, £2.10. exacta: £18.70. trifecta: £68.80. CSF: £22.75. Non-runner: Sanitiser.

12.58–DOUBLE MEASURE (H Skelton, 2-5 fav) 1; Loustic Du Chatel (40-1) 2; Pertemps (7-1) 3; Hans Lippershey (20-1) 4. 16 ran. 11l, 4¾l, 1½l. (D Skelton). Tote: £1.40; pl £1.10, £7.30, £2.10. exacta: £19.30. trifecta: £86.40. CSF: £40.33.

1.30–CALL ME ARTHUR (S Sheppard, 7-2 co 2nd fav) 1; Hardy Buck (7-2 co 2nd fav) 2; Orange Diamond (7-2 co 2nd fav) 3. H'cap 8 ran. 15l, 11l. (T Lacey; 2-1 fav Annie Express). Tote: £4.70; pl £1.30, £1.80, £1.40. exacta: £19.60. tricast: £45.81. trifecta: £70.60. CSF: £17.20. Non-runners: Lord Maher, Moor End.

2.05–WHERE'S CATO (C Ring, 20-1) 1; Flowing Cadenza (3-1 2nd fav) 2; Batwomen (8-15 fav) 3. H'cap 4 ran. 1¾l, 7½l. (E Williams). Tote: £21.00; exacta: £43.30. trifecta: £131.30. CSF: £71.13.

2.40–ALBIE LITTLEWOOD (H Skelton, 9-4 fav) 1; Moab (20-1) 2; Royal Way (16-1) 3. H'cap 15 ran. ½l, 8½l. (D Skelton). Tote: £3.30; pl £1.60, £6.80, £5.80. exacta: £85.90. tricast: £633.05. trifecta: £1165.60. CSF: £57.09. Non-runners: Can't Resist It, Italian Spirit, Lundi Noir.

3.15–ACE OF SPADES (H Skelton, 5-2 fav) 1; Onewaywest (3-1 2nd fav) 2; Bold Endeavour (9-2) 3. H'cap 6 ran. ½l, 4l. (D Skelton). Tote: £3.50; pl £1.80, £2.30. exacta: £12.20. trifecta: £45.60. CSF: £10.89. Non-runner: Loup De Maulde.

3.48–EMERALD QUEST (B Harris, 14-1) 1; Affric Kintail (9-4 2nd fav) 2; Elated (8-1) 3. 10 ran. 15l, 2¼l. (N Mulholland; 15-8 fav For A Moment). Tote: £20.40; pl £4.10, £1.40, £2.20. exacta: £76.20. trifecta: £414.50. CSF: £46.48.

Placepot: £463.60
(Race 1) 4, 2; (2) 4, 10, 13; (3) 5, 8, 2; (4) 4; (5) 17, 15, 3; (6) 1, 3;
Quadpot: £80.30

SOUTHWELL: Standard

1.05–SAM'S HOPE (R Kavanagh, 11-8 fav) 1; Twilight Madness (7-2 2nd fav) 2; Thecoffeepoddotco (5-1) 3. H'cap 8 ran. 3¾l, shd. (Martin Dunne). Tote: £2.38; pl £1.60, £1.10, £1.50. exacta: £7.80. tricast: £18.17. trifecta: £31.90. CSF: £6.27.

1.40–CILL MOCHEALLOG (R Havlin, 3-1 fav) 1; Gundogan (9-2 jt 2nd fav) 2; Embarked (11-1) 3. H'cap 10 ran. 3l, 2¾l. (D Ivory). Tote: £4.00; pl £1.60, £1.90, £3.00. exacta: £19.50. tricast: £123.61. trifecta: £172.40. CSF: £16.89.

2.15–RUSHEEN BOY (D E Hogan, 9-2) 1; Six Of Diamonds (66-1) 2; Simply Blue (16-1) 3. H'cap 9 ran. nk, shd. (J & S Birkett; 3-1 fav Operation Gimcrack). Tote: £6.10; pl £2.40, £10.10, £5.70. exacta: £233.90. tricast: £4347.72. trifecta: £2236.10. CSF: £225.08.

2.50–BROTHER DAVE (JP Sullivan, 11-1) 1; American Rose (7-2 2nd fav) 2; Autumn Angel (2-1 fav) 3. 8 ran. hd, ¾l. (R Carr). Tote: £12.00; pl £1.90, £1.50, £1.20. exacta: £34.60. trifecta: £247.10. CSF: £50.34. Non-runner: She'sashambles.

3.25–ROYAL JET (W Carson, 2-1 fav) 1; Laurens Dream (9-4 2nd fav) 2; Captain Pickles (3-1) 3. 8 ran. 1¼l, 1¾l. (A Carroll). Tote: £3.00; pl £1.10, £1.30, £1.40. exacta: £8.30. trifecta: £24.60. CSF: £6.92.

4.00–PRINCE QUATTRO (Mason Paetel, 12-1) 1; Arc Zoosve (10-3 2nd fav) 2; Fleur De Mer (14-1) 3. H'cap 9 ran. nk, 1¼l. (James Owen; 10-11 fav Nunc Est Bibendum). Tote: £15.60; pl £2.60, £1.80, £2.10. exacta: £56.10. tricast: £583.13. trifecta: £468.90. CSF: £52.27.

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WOLVERHAMPTON SKYSPORTSRACING

THE SCOUT

12.57 Three Yorkshiremen
1.27 R P Mcmurphy
1.57 Objector
2.27 Preferred
3.02 Mintana
3.37 Autumn Angel
4.10 Lazzar
4.40 Berezka

12.57 MIDNITE: BUILT FOR 2026 NOT 2006 HANDICAP
£3,140 (Class 6)1m 1f 104yds (9 declared)

1 (5) 364LL0- REDHOT WHISPER (24) A Wintle 5 9-11 ... F Marsh 72
2 (9) 705167- ● THREE YORKSHIREMEN (34) (C,F) F Brennan 6 9-10 ... S D Bowen 72
3 (4) 3521-35 MR NUGGET (6) (C&D) D M Simcock 5 9-10 ... S M Levey 72
4 (1) 8L95-2D APACHE GREEN (4) S Woods 4 9-9 ... K O'Neill 73
5 (7) 11D23-6 DINGWALL (7) (C&D,F) (T) I Jardine 5 9-7 ... C Hardie 73
6 (3) 67841-7 LAW SUPREME (21) (C&D) I Williams 7 9-7 ... R Kavanagh(5) 69
7 (6) 10890-L PURPLE SKY (4) Joe Ponting 5 9-6 ... C Bishop 65
8 (8) 3146-61 MAGIC RUNNER (7) (C&D) R Carr 4 9-4 ... JP Sullivan 74
9 (2) 46780- EL GHAAWY (36) M Loughnane 4 9-4 ... B Loughnane ★77

BLINKERS: No. 4 TONGUE STRAP: Nos. 6, 7 CHEEK PIECES: No. 6 HOOD: Nos. 1, 5.
SP FORECAST: 5-2 Magic Runner, 3 Apache Green, 5 Law Supreme, 6 Mr Nugget, 7 Dingwall, 12 Three Yorkshiremen, 16 El Ghaawy, 25 Purple Sky, Redhot Whisper.

1.27 GAMBLE RESPONSIBLY AT BETMGM HANDICAP
£3,716 (5) 1m 142yds (8)

1 (1) 32305-3 FOREST CAPER (6) (F) D O'Meara 5 9-12 ... Jason Watson 75
2 (4) 32234-8 SHAMACID (21) S Woods 4 9-11 ... K O'Neill 69
3 (3) 2763-62 EUPATOR (6) R Hannon 4 9-10 ... S M Levey ★78
4 (5) 55-4 AL MUDDY (13) S Spencer 6 9-9 ... D Swift 68
5 (6) 1/4839-8 STUDY UP (16) M Loughnane 5 9-9 ... B Loughnane 76
6 (8) 0586-13 REPERTOIRE (11) (C,F) D M Simcock 10 9-8 ... Taryn Langley(5) 76
7 (2) 8L94-15 FOOLS RUSH IN (7) (C&D) R Carr 8 9-6 ... JP Sullivan 77
8 (7) 3133-31 ● R P MCMURPHY (11) (C&D) M Appleby 4 9-2(5ex) ... H Davies 76

BLINKERS: No. 3 VISOR: Nos. 2, 7 TONGUE STRAP: Nos. 5, 7
CHEEK PIECES: No. 8 HOOD: No. 5.
SP FORECAST: 11-4 R P Mcmurphy, 3 Eupator, 7-2 Forest Caper, 4 Repertoire, 8 Fools Rush In, 25 Study Up, Al Muddy, Shamacid.

1.57 BET 10 GET 40 WITH BETMGM NOVICE STAKES 3YO
£6,480 (3) 1m 142yds (4)

1 (4) 1- ● OBJECTOR (27) (C&D) G Scott 9-11 ... D Keenan ★85
2 (3) 6- AL BOWLLY (37) R Hannon 9-4 ... S M Levey 62
3 (1) L- EXTRATERRESTRIAL (99) S & E Crisford 9-4 ... H Davies 59
4 (2) 0-2 HUNTERIAN (17) C Johnston 9-4 ... B Loughnane 67

SP FORECAST: 8-13 Objector, 4 Hunterian, 11-2 Al Bowlly, 8 Extraterrestrial.

2.27 MIDNITE FILLIES' RESTRICTED NOVICE STAKES
£5,234 (4) 6f 20yds (6)

1 (5) 1- LOQUELLA (57) (D,F) C Johnston 3 9-7 ... B Loughnane 69
2 (1) SAFE ZONE James Horton 3 9-0 ... S M Levey –
3 (4) 53- FAIR Y ISLE (24) H Evans 3 8-10 ... S D Bowen ★79
4 (2) LL6- LADY OF HONOUR (178) S Spencer 3 8-10 ... JP Sullivan 50
5 (3) 5 MAYFLYER (21) Harry Charlton 3 8-10 ... H Davies 65
6 (6) 4 ● PREFERRED (15) J Tate 3 8-10 ... D Keenan 76

HOOD: No. 5.
SP FORECAST: 5-4 Loquella, 3 Fair Y Isle, 7-2 Preferred, 8 Mayflyer, 12 Safe Zone, 50 Lady Of Honour.

3.02 MIDNITE BETTING APP CLASSIFIED STAKES (DIV 1)
£4,711 (6) 6f 20yds (10)

1 (4) 58784-1 PIPERSTOWN (7) (C&D) K Frost 5 10-0 ... B Loughnane 56
2 (7) 3331-13 MIDNIGHT CALL (11) (C&D) A Carroll 5 9-9 ... Jack Doughty 59
3 (3) 2/5036-5 ● MINTANA (17) (C&D) H Evans 6 9-9 ... W Cox 56
4 (8) L8008/8 MUSAYTIR (13) (D) Joe Ponting 8 9-9 ... N Currie 38
5 (5) 58545-5 OLDBURY LAD (17) G Harris 4 9-9 ... S Donohoe 47
6 (9) 78LL-LL POET (13) (D) S Dixon 7 9-9 ... K O'Neill 34
7 (6) L8L566- ROGUE THUNDER (46) (C&D) P Morris 6 9-9 ... R Clutterbuck 51
8 (2) 1333-25 SUPERIOR COUNCIL (3) (D,F) (T) I Jardine 7 9-9 ... C Tuke(7) ★61
9 (1) 859L-65 SYMBOL OF HOPE (7) (D) A Wintle 8 9-9 ... F Marsh 49
10 (10) 60L8-86 THE CUTEST (7) D Shaw 5 9-9 ... D Keenan 53

BLINKERS: Nos. 6, 8 TONGUE STRAP: No. 8
CHEEK PIECES: Nos. 3, 5, 9 HOOD: Nos. 7, 10.
SP FORECAST: 7-4 Piperstown, 5-2 Midnight Call, 4 Superior Council, 8 Mintana, 12 The Cutest, 16 Rogue Thunder, 25 Symbol of Hope, 33 Oldbury Lad, 50 Others.

3.37 MIDNITE BETTING APP CLASSIFIED STAKES (DIV 2)
£4,711 (6) 6f 20yds (10)

1 (10) 6560-31 BEAUZON (11) (C&D) I Williams 7 9-13 ... C Bishop ★56
2 (7) 5L99-24 ● AUTUMN ANGEL (1) (C&D) A Carroll 7 9-9 ... Jack Doughty 55
3 (1) 4805-55 BOSSY PARKER (14) (C) T Culhane & S Barclay 6 9-9 ... Z Wheatley(3) 52
4 (8) 2367-45 ELDEYAAR (7) (C&D) A Brittain 7 9-9 ... C Hardie 51
5 (3) 430LL-4 MISS MOONSHINE (11) (D) B Millman 6 9-9 ... O Searle(5) 53
6 (4) 7585-77 MY BOY JACK (10) (C&D) K Frost 7 9-9 ... B Loughnane 46
7 (9) 65/L7L6- QUEEN DINAH (238) Alexandra Dunn 4 9-9 ... S D Bowen 40
8 (2) 706L-84 SHE WENT WHOOSH (4) S Dixon 4 9-9 ... K O'Neill 45
9 (6) 3578L-3 SISTERS IN THE SKY (17) (C&D) G Harris 7 9-9 ... F Marsh 51
10 (5) 9/8598L- TWILIGHT POPPY (85) K Frost 4 9-9 ... J Peate 44

BLINKERS: No. 2 VISOR: No. 6 TONGUE STRAP: No. 7 CHEEK PIECES: Nos. 1, 4, 8, 9.
SP FORECAST: 11-8 Beauzon, 7-2 Autumn Angel, 5 Bossy Parker, 8 Eldeyaar, 14 Queen Dinah, 16 Miss Moonshine, My Boy Jack, 20 Sisters In The Sky, 33 Others.

4.10 MAKE THE MOVE TO MIDNITE HANDICAP
£3,716 (5) 5f 21yds (7)

1 (4) 8488 11-1 ● LAZZAR (8) (F) R Hughes 4 9-10(5ex) ... F Marsh ★85
2 (7) 1/L3LL9- ROGUE ALLEGIANCE (25) D O'Meara 4 9-9 ... H Davies 74
3 (5) L7L321- EL BUFALO (28) (C&D) T Faulkner 5 9-7 ... B Loughnane 82
4 (2) 08491-6 BLUE FORCE (21) (C&D) A Brittain 5 9-4 ... C Hardie 81
5 (6) 643246- TOMARLO (49) F Brennan 4 8-12 ... S D Bowen 81
6 (1) 12741-4 GUSTAV GRAVES (21) (C&D) D Shaw 8 8-12 ... Jack Doughty 81
7 (3) 33144-1 STREET LIFE (3) (C&D) P Morris 9 8-9(4ex) ... E Tindall(7) 78

TONGUE STRAP: No. 3 CHEEK PIECES: Nos. 3, 7 HOOD: No. 4.
SP FORECAST: 5-4 Lazzar, 7-2 El Bufalo, 7 Street Life, 8 Gustav Graves, 10 Blue Force, Tomarlo, 16 Rogue Allegiance.

4.40 BETMGM SAFER GAMBLING FILLIES' HANDICAP
£3,716 (5) 1m 4f 51yds (6)

1 (1) 14322- NIVELLE'S MAGIC (53) (D) Dan Horsford 7 10-0 ... J Nicholls(5) 72
2 (6) 442647- WORD OF MOUTH (34) J Ferguson 4 9-9 ... J Peate ★74
3 (5) 44L6- ● BEREZKA (78) E Bethell 4 9-9 ... C Rodriguez 70
4 (3) 1322-22 CARDINAL POINT (14) (D,F) M Bell 4 9-9 ... H Crouch 73
5 (2) 11L4L5- FLAINE (34) (C) D Loughnane 4 9-8 ... C Planas(3) 67
6 (4) 2017-41 HACKNEY DIAMONDS (6) (D) I Williams 4 9-4(5ex) ... R Kavanagh(5) 71

VISOR: No. 4 CHEEK PIECES: No. 6 EYE COVERS: No. 5.
SP FORECAST: 2 Cardinal Point, 5-2 Hackney Diamonds, 3 Nivelle's Magic, 8 Berezka, 12 Flaine, Word Of Mouth.

TRACK FACTS: GOING: Standard. Left Handed. TOP TRACK JOCKEY (2021-26): Billy Loughnane 19% Strike rate. TOP TRACK TRAINER (2021-26): A Carroll 9% Strike rate. FIRST TIME: 1.27 Study Up (hood, tongue strap), Shamacid (visor), 1.57 Extraterrestrial (wind surgery), 2.27 Mayflyer (hood), 3.37 Queen Dinah (tongue strap), 4.10 Tomarlo (wind surgery), 4.40 Flaine (eye shields). BEATEN FAVOURITES: 12.57 Law Supreme(hcp), 3.02 Superior Council. 3.37 Autumn Angel, Bossy Parker. DRAW: Little effect. LONGEST TRAVELLER: Dingwall (12.57) & Superior Council (3.02) 205 miles. STABLE SWITCH: 3.37 Queen Dinah from K Ryan to Alexandra Dunn. 4.10 Tomarlo from D Marnane in Ireland to F Brennan. 4.40 Berezka from Harry Charlton to E Bethell.

GOSSIP FROM THE GALLOPS

Newmarket: CARDINAL POINT (4.40 Wolverhampton)
Lambourn: FEEL GUT (1.05 Warwick)
North: BRAZILIAN ROSE (5.45 Southwell)
Cotswolds: LEGAL WEAPON (1.45 Doncaster)

VITAL STATISTICS

IN-FORM TRAINERS (last 10 days) J & S Birkett 80% (2 wins and 2 places from 5 runners), J Tate 67% (2/2/6), G Boughey 64% (4/5/14), J P O'Brien 64% (3/6/14), O Murphy 59% (8/12/34), K R Burke 56% (2/3/9), P Evans 50% (3/4/14).
IN-FORM JOCKEYS Rossa Ryan 71% (2 wins and 3 places from 7 runners), Stevie Donohoe 67% (1/3/6), Paddy Bradley 61% (5/6/18), Sean Levey 61% (5/6/18), Harry Skelton 56% (9/6/27), Benjamin Macey 55% (2/4/11), Brian Hughes 54% (9/5/26), Dylan Hogan 54% (5/2/13), Sean Bowen 53% (9/11/38), Ben Jones 52% (10/4/27), Jack Nicholls 50% (2/1/6).

SOUTHWELL SKYSPORTSRACING

4.45 BETMGM'S GOLDEN GOALS HANDICAP
£4,711 (Class 6) 1m 13yds (11 declared)

1 (6) 13474-6 AMBER HONEY (13) (C&D) E Dunlop 4 9-9 ... T Marquand 66
2 (11) 502215- ● MARRY THE NIGHT (41) (C&D) T Easterby 4 9-9 ... S B Kirrane 67
3 (9) 24211-6 CORAMENTO (22) (D) D Thompson 5 9-9 ... Rossa Ryan 67
4 (3) 07817-6 QUITE SWEET (17) (C&D) A Carroll 4 9-7 ... W Carson 66
5 (2) 311506- HERETIC (34) (C&D) M Herrington 7 9-7 ... D E Hogan 68
6 (5) 05723/ FORCE OF HONOUR (477) (D) I Furtado 4 9-7 ... J Hart –
7 (10) 6U2-312 IMOLA (7) (C&D) Joey Ramsden 5 9-6 ... L Edmunds ★72
8 (1) 00LLL0- OVIEDO (27) (T) Alexandra Dunn 6 9-5 ... G Wood 59
9 (8) 440000- CEZARRO (49) R Burdon 4 9-4 ... P Bradley 60
10 (4) 10366-2 AMARACHI (17) J Parr 4 9-3 ... L Morris 69
11 (7) 060096- SOLD OUT (28) J Mackie 4 8-9 ... T Heard 59

VISOR: No. 1 TONGUE STRAP: No. 5 CHEEK PIECES: Nos. 2, 5.
SP FORECAST: 2 Imola, 6 Coramento, 7 Quite Sweet, Amarachi, 8 Amber Honey, Marry The Night, 10 Heretic, Force Of Honour, 16 Others.

5.15 BETMGM FILLIES' NOVICE STAKES
£6,480 (3) 1m 13yds (8)

1 (9) 8- CALYPSO BLOOM (32) T Faulkner 5 10-2 ... Doubtful 38
2 (3) 5- NO FURTHER ACTION (56) M Appleby 6 10-2 ... Mason Paetel(5) 36
3 (8) 85L655- NUPTOWN GIRL (137) I Williams 4 10-2 ... E Greatrex 59
4 (1) 7/ SWEET SCENT (486) C Johnston 4 10-2 ... J Hart –
5 (4) 7- DARN HOT DAME (44) T Ward 3 8-10 ... A Voikhansky 38
6 (5) 7-2 LADY DORA MAE (9) G Boughey 3 8-10 ... P Cosgrave ★63
7 (6) 752- ● SILKY LASS (34) K R Burke 3 8-10 ... P-L Jamin 62
8 (2) 0 SPIRIT OF TOKYO (10) P Kirby 3 8-10 ... A Brookes(3) –
9 (7) 4-5 VIZIJA (16) W Haggas 3 8-10 ... T Marquand 60

SP FORECAST: 10-11 Lady Dora Mae, 11-4 Silky Lass, 4 Vizija, 12 Nuptown Girl, 16 Sweet Scent, 50 Darn Hot Dame, 66 No Further Action, 100 Spirit Of Tokyo.
2025: Blast The Dream 3-9-2, Jack Mitchell 8-15 Fav (R Varian), drawn (8), 7 ran.

5.45 GAMBLE RESPONSIBLY FILLIES' HANDICAP
£3,716 (5) 6f 16yds (8)

1 (2) 43946-1 BRAZILIAN ROSE (20) (C,D,F) R Menzies 5 9-9 ... Kaiya Fraser 78
2 (7) 25054-5 ● DIAMONT KATIE (20) (D) K R Burke 4 9-8 ... P-L Jamin 77
3 (3) 2/L0506- ART DESIGN (62) (C&D) J Camacho 4 9-7 ... L Edmunds 75
4 (5) 09L907- TOOMUCHFORME (34) (D) A Brittain 4 9-6 ... A Jary(3) 76
5 (1) 33372- MISS MENDOZA (36) G Oldroyd 4 9-2 ... B Robinson 79
6 (4) 34334-8 INSUSPENSE (17) Oliver Cole 4 9-2 ... T Marquand 77
7 (6) 4/2L5- KEWMILL (34) M Murphy 4 9-2 ... Rossa Ryan 71
8 (8) 105L02- MAYO COUNTY (25) (D) J Camacho 5 9-1 ... T Kiely-Marshall(5) ★80

BLINKERS: No. 3 TONGUE STRAP: Nos. 4, 6 CHEEK PIECES: No. 8 HOOD: Nos. 1, 7.
SP FORECAST: 9-4 Brazilian Rose, 3 Miss Mendoza, 9-2 Diamont Katie, 5 Mayo County, 10 Art Design, 12 Insuspense, 20 Kewmill, 25 Toomuchforme.

THE SCOUT

4.45 Marry The Night
5.15 Silky Lass
5.45 Diamont Katie
6.15 Golden Pharaoh
6.45 Eligible
7.15 Fortification
7.45 Edwardtheninth
8.15 Monk's Hill

6.15 BETMGM SAFER GAMBLING HANDICAP (DIV 1)
£4,972 (4) 7f 14yds (8)

1 (7) 534505- TENNESSEE GOLD (36) (D) J Parr 5 9-11 ... D Muscutt 86
2 (6) 10201-4 COMMANDER OF LIFE (12) (D) Jessica Macey 5 9-9 ... L Edmunds 87
3 (4) 31422-2 ● GOLDEN PHARAOH (20) (D) S Dixon 5 9-7 ... J Haynes 87
4 (9) 11442-1 DOWN TO THE KID (19) (C&D) M Herrington 7 9-7 ... J Hart 88
5 (1) 5L1760- ROBBO (J95) (D) T Faulkner 5 9-6 ... Doubtful 89
6 (2) 576950- SILVER SAMURAI (27) (D) M Botti 9 9-6 ... T Marquand ★90
7 (8) 602331- GIORGIO M (32) (D) M Loughnane 5 9-6 ... E Greatrex 88
8 (5) 43163-3 MUMAYAZ (15) (C,D) James Owen 7 9-1 ... P Cosgrave 88
9 (3) 81792-5 CHOLA EMPIRE (21) (C&D) D M Simcock 7 9-0 ... L Morris 87

TONGUE STRAP: Nos. 6, 7, 8 CHEEK PIECES: Nos. 1, 3, 6, 7.
SP FORECAST: 11-4 Down To The Kid, 4 Golden Pharaoh, 9-2 Giorgio M, 7 Mumayaz, 8 Commander Of Life, Tennessee Gold, 10 Chola Empire, 20 Silver Samurai.

6.45 BETMGM SAFER GAMBLING HANDICAP (DIV 2)
£4,972 (4) 7f 14yds (8)

1 (4) 09361-1 ● ELIGIBLE (13) (C&D,F) M & D Easterby 10 9-9 ... Joanna Mason 88
2 (7) 21835-6 AL MUQDAD (17) (D) D O'Meara 6 9-7 ... D Nolan 88
3 (1) 475631- KING OF ITHACA (35) (C&D,F) J Tate 6 9-7 ... Rossa Ryan 86
4 (8) LL439O- LAW OF DESIGN (34) (D) I Williams 4 9-6 ... E Greatrex ★93
5 (2) 62372-2 HITCHED (7) D M Simcock 6 9-6 ... L Morris 89
6 (6) 50707-5 TOLSTOY (12) (D) B Ellison 7 9-6 ... B Robinson 84
7 (3) 306400- FEEL THE NEED (90) (C,D) M Herrington 6 9-2 ... J Hart 90
8 (5) 01750-6 SENSORIUM (19) D Cunha 4 9-0 ... T Marquand 86

TONGUE STRAP: No. 8 CHEEK PIECES: No. 6 HOOD: No. 5.
SP FORECAST: 7-4 Eligible, 5-2 King Of Ithaca, 4 Hitched, 12 Tolstoy, Sensorium, 14 Al Muqdad, 16 Law Of Design, 25 Feel The Need.

TRACK FACTS: GOING: Standard. Left Handed. TOP TRACK JOCKEY (2021-26): Jason Hart 14% Strike rate. TOP TRACK TRAINER (2021-26): M Appleby 10% Strike rate. FIRST TIME: 4.45 Amber Honey (visor), 5.45 Kewmill (hood), Art Design (blinkers), 6.15 Tennessee Gold (cheek pieces), 8.15 Grey Sands (cheek pieces, tongue strap). BEATEN FAVOURITES: 4.45 Coramento(hcp). 5.15 Lady Dora Mae. 5.45 Diamont Katie(hcp). 7.15 Baker Blue(hcp). 7.45 Billy Bathgate(hcp). DRAW: No advantage. LONGEST TRAVELLER: Grey Sands (8.15) Ireland; Slack Alice (7.45) 281 miles. STABLE SWITCH: 4.45 Cezarro from Alan McIntyre to R Burdon, Force Of Honour from Craig Lidster to I Furtado. 5.15 Nuptown Girl from C Hills to I Williams. 6.15 Robbo from G & J Moore to T Faulkner. 7.15 Call Margot from D Dias in Ireland to G Tutty. 7.45 Slack Alice from P Owens to M Bowen.

7.15 BETMGM.CO.UK HANDICAP 3YO
£4,972 (4) 4f 214yds (7)

1 (6) 22160 3- JACK THE BACHELOR (34) (D) A Brittain 9-11 ... A Jary(3) ★89
2 (2) 55421-4 BAKER BLUE (17) (C,F) D Cunha 9-9 ... Rossa Ryan 86
3 (5) 52212-3 MAGIC STONE (17) W Haggas 9-6 ... T Marquand 86
4 (1) 321- ● FORTIFICATION (55) (D,F) A Watson 9-5 ... L Morris 88
5 (7) 640131- GUERNSEY ANGEL (42) (C&D) P Evans 9-0 ... P Cosgrave 84
6 (3) 42060- AMBISHIO (134) M Appleby 8-13 ... R Havlin 87
7 (4) L57- CALL MARGOT (204) G Tutty 8-11 ... Kaiya Fraser 87

CHEEK PIECES: No. 4 HOOD: No. 1.
SP FORECAST: 13-8 Fortification, 4 Guernsey Angel, 9-2 Magic Stone, 5 Baker Blue, 12 Call Margot, Jack The Bachelor, 16 Ambishio.
2025: Star Chorus 8-13, Rob Hornby 15-2 (A Balding), drawn (7), 7 ran.

7.45 MIDNITE, NEXT GENERATION APP HANDICAP
£3,140 (6) 2m 102yds (9)

1 (1) 22IL34- COSMIC SOUL (24) (D) P Neville 6 10-0 ... J Hart 66
2 (2) 6661-41 ARC ZOOSVE (16) (D) N King 5 9-13 ... R Havlin 65
3 (3) 23926-2 GRAND DUCHESS OLGA (11) (D) J & S Birkett 6 9-12 ... C R Lyons(7) 68
4 (5) 04041-3 TUBA (16) (D) F O'Brien 5 9-11 ... G Mangan 66
5 (6) 82155-3 BILLY BATHGATE (10) (D) (T) Ewan Whillans 10 9-10 ... D Nolan 64
6 (9) 58/2L3-3 ● EDWARDTHENINTH (20) Ruth Jefferson 5 9-6 ... Rossa Ryan 67
7 (8) 7654L-9 BLACKWATER LILLY (20) B Ellison 6 9-6 ... B Robinson ★69
8 (4) 5LL44- SLACK ALICE (J82) (T) M Bowen 5 9-3 ... L Morris 66
9 (7) 306L9-9 FLYNN RYDER (16) S Edmunds 4 9-2 ... D E Hogan 61

VISOR: No. 8 TONGUE STRAP: No. 1 CHEEK PIECES: Nos. 2, 3, 7, 9.
SP FORECAST: 11-4 Arc Zoosve, 3 Grand Duchess Olga, 7-2 Tuba, 8 Edwardtheninth, 10 Billy Bathgate, 12 Cosmic Soul, Slack Alice, 20 Flynn Ryder, 25 Blackwater Lilly.
2025: Further Measure 8-9-10, Daniel Muscutt 13-2 (M Murphy), drawn (5), 9 ran.

8.15 BETMGM.CO.UK HANDICAP 3YO
£3,140 (6) 1m 13yds (8)

1 (8) L752-33 CHILLICONCARNEIGH (2) P Evans 9-9 ... P Cosgrave 60
2 (2) 06644-3 REASON'S POWER (21) M Botti 9-9 ... T Marquand 59
3 (3) 6L8- ● MONK'S HILL (189) I Furtado 9-8 ... J Hart 60
4 (5) 5704 6-1 KARAKULA DANCER (9) (D,F) J Ferguson 9-8(6ex) ... D Muscutt 60
5 (4) 755-65 PETES DIAMOND (14) Joey Ramsden 9-6 ... L Edmunds ★64
6 (7) LL7-2 GREY SANDS (10) J P O'Brien (IRE) 9-5 ... Rossa Ryan 63
7 (1) L4555-5 SHES GOT THE BLUES (9) A Carroll 9-3 ... W Carson 60
8 (6) L87-5 EZERA (9) Lemos Souza 9-0 ... G Wood 55

BLINKERS: No. 8 VISOR: No. 1 TONGUE STRAP: Nos. 6, 8 CHEEK PIECES: Nos. 2, 4, 6.
SP FORECAST: 2 Karakula Dancer, 3 Reason's Power, 4 Grey Sands, 5 Chilliconcarneigh, 14 Monk's Hill, Petes Diamond, 20 Shes Got The Blues, Ezera.

WARWICK RACINGTV

1.05 EBF JUNIOR 'NATIONAL HUNT' HURDLE 4YO
£5,809 (Class 4) 2m (8 declared)

1 2L1 DIAMOND JIM (24) (D) O Greenall & J Guerriero 11-7 ... T McCain-Mitchell(5) ★105
2 3 DREAM'S KA (42) D Skelton 11-0 ... H Skelton 100
3 2 ● FEEL GUT (114) (F) N Henderson 11-0 ... N De Boinville –
4 3 MAJEUR ALLEN (33) T Lacey 11-0 ... S Sheppard 94
5 8L MAXIOS AURELIUS (61) P Hobbs & J White 11-0 ... Sean Houlihan 99
6 2 MECENE (50) Mrs J Williams 11-0 ... C Gethings 96
7 2 ENYA (64) J Snowden 10-7 ... G Sheehan 104
8 86 LETS GO MO (37) L Wadham 10-7 ... T Cannon –

HOOD: No. 5.
SP FORECAST: 11-8 Feel Gut, 4 Diamond Jim, 5 Enya, 7 Dream's Ka, 12 Majeur Allen, 14 Mecene, 16 Lets Go Mo, 20 Maxios Aurelius.

1.35 BEST ODDS AT BETANO MARES' NOVICES' HURDLE
£5,446 (4) 2m 3f (16)

1 10-81 BETTY'S DAISY (37) B Pauling 6 11-12 ... C Pritchard(3) 114
2 1/119-14 JACKIE HOBBS (34) Harry Derham 6 11-12 ... H Skelton ★120
3 4-41 BALLYMOREEN (89) E Lavelle 6 11-5 ... S Bowen –
4 9/07- BLACKSAMBELLE (336) J G O'Shea 7 11-5 ... J Turner(5) –
5 L CAMSHAFT (23) J & A O'Neill 5 11-5 ... K Brogan 90
6 1-16 EDITH PELHAM (69) F O'Brien 6 11-5 ... J J Burke –
7 660 HEY FLINT (32) N & W Twiston-Davies 5 11-5 ... T McCain-Mitchell(5) 69
8 4L INDEPENDENT LADY (61) N Henderson 5 11-5 ... N De Boinville 74
9 LL0/ LILY GRACE (1001) V Williams 8 11-5 ... C Deutsch –
10 4/1-2 ● LISNAMURRICAN (47) N Henderson 6 11-5 ... J Bowen 118
11 P LUNAR LILY (52) T R Gretton 6 11-5 ... R T Dunne –
12 93/3-0 MOORSBROOK (32) Mrs M Rowley 7 11-5 ... S Sheppard 66
13 39 ROBERTA BISHOP (23) Katy Price 6 11-5 ... Shane Quinlan(3) –
14 24-127 SHOTGUN SHIRLEY (32) L Wadham 5 11-5 ... T Cannon 102
15 3-87 SILVER GALE (15) Katy Price 5 11-5 ... Charlie Price 33
16 52P WISHFUL WINGS (37) Sheila Lewis 5 11-5 ... Sean Houlihan –

TONGUE STRAP: No. 1 HOOD: Nos. 12, 14.
SOFT/HEAVY WINNERS: Nos. 1.
SP FORECAST: 9-4 Jackie Hobbs, 3 Lisnamurrican, 7-2 Betty's Daisy, 5 Ballymoreen, 7 Edith Pelham, 12 Shotgun Shirley, 14 Independent Lady, 33 Camshaft, 66 Others.
2025: That's Nice 5-11-12, Nico De Boinville 8-11 Fav (N Henderson), 10 ran.

❐ ARKLE favourite Lulamba could be rerouted from Warwick's Kingmaker Novices' Chase to the Game Spirit Chase on February 7, with Nicky Henderson saying "it might be simpler" to go to Newbury.

THE SCOUT

1.05 FEEL GUT (nap)
1.35 Lisnamurrican
2.05 JOUR D'EVASION (nb)
2.37 Libre De Choeur
3.12 Jukebox Joker
3.47 He Knows Better
4.18 Franco De Port

2.05 NOVICES' LIMITED HANDICAP CHASE
£7,922 (3) 2m 54yds (5)

1 215-511 ● JOUR D'EVASION (27) (D) H Daly 7 11-12 ... D Bass 136
2 116-L1L EXCELERO (35) (C&D) Mrs J Williams 6 11-8 ... C Gethings ★138
3 2/82-18 COBBLER'S BOY (34) D Skelton 6 10-12 ... H Skelton –
4 1P12/5-5 INCA DE LAFAYETTE (37) P Nicholls 8 10-9 ... J Tidball(5) –
5 21/112-L EPIC WEST (28) J Snowden 7 10-9 ... G Sheehan 105

TONGUE STRAP: Nos. 1, 3, 4 HOOD: No. 2.
SOFT/HEAVY WINNERS: Nos. 5, 2, 4, 1.
SP FORECAST: 10-11 Jour D'Evasion, 3 Excelero, 6 Cobbler's Boy, 8 Inca De Lafayette, 12 Epic West.

2.37 BETANO HANDICAP HURDLE
£4,753 (4) 3m 1f 5yds (9)

1 7-42L45 IMPERIAL MERLIN (34) (F) J & S Quinn 9 12-2 ... H Skelton ★123
2 F42122 HOSTILE HOTELIER (85) (D) J Candlish 8 11-11 ... Sean Quinlan 119
3 52-6P12 JALISCO STAR (28) L Horsfall 8 11-9 ... B Macey(7) 121
4 3IL-3F4 DWIGHT K SCHRUTE (28) J Snowden 7 11-7 ... G Sheehan 120
5 3/33-52 ● LIBRE DE CHOEUR (43) C Boultbee-Brooks 6 11-7 ... R Patrick 119
6 1-2233L WA WA (24) O Murphy 11 11-6 ... L Saunders(5) 119
7 0544-2P SEATOIT (23) K Bailey & M Nicholls 7 11-5 ... C Gethings 119
8 1P-3L14 GWENNIE MAY STAR (34) (C&D) O Murphy 6 11-3 ... S Bowen 120
9 P43-L14 KOSASIEMPRE (34) S Edmunds 8 10-13 ... Doubtful –
10 3/5PP1-3 HAS TROKE (33) A Hales 9 10-11 ... H Bannister 122

TONGUE STRAP: Nos. 2, 3, 6 CHEEK PIECES: Nos. 4, 6, 8.
SOFT/HEAVY WINNERS: Nos. 8, 10, 2, 1, 3, 9.
SP FORECAST: 3 Libre De Choeur, 4 Hostile Hotelier, 13-2 Gwennie May Star, 7 Imperial Merlin, Dwight K Schrute, 8 Wa Wa, Jalisco Star, 10 Seatoit, 20 Others.
2025: Ikarak 7-12-0, Sean Bowen 7-1 (O Murphy), 11 ran.

TRACK FACTS: GOING: Good to Soft. Left Handed. TOP TRACK JOCKEY (2021-26): Harry Skelton 25% Strike rate. TOP TRACK TRAINER (2021-26): D Skelton 22% Strike rate. FIRST TIME: 1.05 Maxios Aurelius (hood), 2.37 Dwight K Schrute (cheek pieces), 3.12 D'gesteevo (tongue strap). BEATEN FAVOURITES: 1.35 Jackie Hobbs. 2.05 Excelero(hcp ch). 2.37 Hostile Hotelier(hcp hdl). 3.12 Isabel De Clare(hcp hdl). 3.47 He Knows Better(hcp ch). 4.18 D'jango, Time Leader. LONGEST TRAVELLER: Imperial Merlin (2.37) 157 miles. STABLE SWITCH: 1.05 Feel Gut from J Silva to N Henderson. 1.35 Ballymoreen from M Quigley in Ireland to E Lavelle. 3.12 Just A Memory from T Ellis to F O'Brien. 4.18 Franco De Port from W P Mullins in Ireland to Miss Henton, One True King from Bea Coward to Miss B Coward, Time Leader from Hannah Roach to J J O'Shea.

3.12 NOVICES' LIMITED HANDICAP HURDLE
£3,301 (5) 2m 3f (13)

1 572ILP JUST A MEMORY (77) F O'Brien 7 11-12 ... J J Burke 38
2 55-PP34 MIDNIGHT VIEW (22) M Sheppard 6 11-10 ... S Sheppard 97
3 3-33L43 POTTERSMATTYEEEHAA (32) M Crawley 5 11-7 ... J Quinlan 94
4 133-056 AN BUACHAILL RUA (35) Sheila Lewis 6 11-5 ... Sean Houlihan 96
5 L-L823L ISABEL DE CLARE (33) T Ellis 6 11-2 ... Miss G Andrews 96
6 378-8P3 CONNIEMAK (44) T Vaughan 5 11-1 ... S Bowen ★98
7 P0L582- JUST FOUR FAME (302) David Dennis 9 10-13 ... C Gethings 95
8 55L-475 MILAN MILOS (42) T R Gretton 6 10-12 ... R T Dunne 89
9 6044L7- ● JUKEBOX JOKER (281) E Williams 6 10-11 ... Isabel Williams 84
10 9437-36 CHURCHMAN (23) A Ralph 8 10-10 ... J Tidball(5) 93
11 4L8 HALF PINT DAISY (15) C Boultbee-Brooks 7 10-10 ... R Patrick 90
12 F9-4P IFAN FULL PELT (26) Mrs N Evans 6 10-10 ... B Poste 79
13 7LUP-PP D'GESTEEVO (43) J Scott 7 10-8 ... R Dingle –

TONGUE STRAP: Nos. 1, 5, 7, 13 CHEEK PIECES: No. 5.
SP FORECAST: 9-2 Just Four Fame, 5 Pottersmattyeeehaa, 6 Isabel De Clare, 7 Conniemak, 8 Midnight View, Just A Memory, 10 Others.

3.47 BET 10 GET 30 AT BETANO HANDICAP CHASE
£5,413 (4) 3m 1f 100yds (8)

1 13L/L1-5 NOCHE NEGRA (26) (C) N & W Twiston-Davies 9 12-2 ... T McCain-Mitchell(5) 85
2 3FPL2/L NAMBITI (34) V Williams 8 12-2 ... C Deutsch 110
3 3P2/1-F2 ● HE KNOWS BETTER (32) W Greatrex 8 12-1 ... J Bowen 114
4 0316/LP EL SAVIOUR (32) L Wadham 8 11-11 ... T Cannon 80
5 2L1-515 KALISTA LOVE (41) (C) T Symonds 6 11-11 ... B Poste 113
6 532115 PESCATORIUS (23) B Summers 7 11-0 ... J Best 111
7 6-4052I HOUSE OF HABSBURG (35) Christian Williams 6 11-0 ... J Tudor 111
8 50-12L3 YORGUNNABEPLUCKY (50) E Williams 6 10-2 ... S Bowen ★116

TONGUE STRAP: Nos. 4, 6 CHEEK PIECES: Nos. 4, 6, 8.
SOFT/HEAVY WINNERS: Nos. 4, 7, 1.
SP FORECAST: 11-10 House Of Habsburg, 7-2 He Knows Better, 6 Kalista Love, 10 Yorgunnabeplucky, Nambiti, 12 Noche Negra, 25 El Saviour, 33 Pescatorius.

4.18 WILLOUGHBY DE BROKE OPEN HUNTERS' CHASE
£2,566 (5) 3m (10)

1 LF/L3P3- GOLDEN SON (307) P Nicholls 8 12-6 ... Miss Olive Nicholls 112
2 2-55712 JET PLANE (20) (D) D Skelton 10 12-6 ... Miss H Palin(3) ★134
3 2354F-4 ONE TRUE KING (26) (D) Miss B Coward 11 12-6 ... Miss Anna Johnston(7) 94
4 5L914-5 SLIPWAY (265) (D) B Pauling 11 12-6 ... Mr S Scott(7) 126
5 5L02-U7 D'JANGO (47) (C&D) Miss V Collins 13 12-2 ... Mr F Philipson-Stow(7) 114
6 13/32PL- HAVEN'T TIME (275) (D) Miss S McQueen 12 12-2 ... Miss

GOING IT ALONE
Norrie is again the last Brit standing at a Grand Slam

A CAM-DO ATTITUDE

Confident Norrie ready to mix it up and finally get drop on Zverev

FROM **YASMIN SYED** in Melbourne

CAMERON NORRIE finds himself in familiar territory against a familiar foe in Melbourne today.

Norrie is, once again, the last British man standing at a Grand Slam – that has been the case in 14 of the past 24 Major tournaments.

Indeed, Norrie has failed to reach the last 32 at a Grand Slam only three times in his past 15 appearances.

But if he is to progress further at the Australian Open, the No.26 seed must achieve something he has never managed previously.

In his six tour-level meetings with Alexander Zverev (below), Norrie has lost them all.

But after battling to a four-set win against American Emilio Nava, with the crowd firmly on his side, the British No.2 is in bullish mood about bucking the trend.

"I can trouble him, for sure," said Norrie. "I'm going to have to really play a complete match and play well for four hours to have a chance.

"I really can take a lot of confidence from the first three weeks of the year, how I'm managing my service games, how I'm putting a lot of returns in court. I feel like I'm there every single point.

"I know that's kind of my trademark, to be there every point. I've been doing a really good job with that. My tennis has been there.

"I've been feeling the ball great. Mentally I'm feeling in a good place." Norrie was close to dropping outside the top 100 last spring after injury problems and a dip in form, but he has bounced back impressively and is now pushing towards a return to the top 20.

And in a bid to continue his progress, Norrie will look to his last-16 clash with Zverev at Melbourne Park two years ago for inspiration.

Norrie pushed the German all the way to a fifth-set tie-break before losing – one of five defeats by top-10 players he has had at his past seven slams.

"I'll definitely watch that one," said Norrie. "I used the drop shot unreal that day. I was playing so free, enjoying the match so much, coming forward a lot. I was troubling him a lot and mixing it up a lot. I'm going to have to sprinkle some of that in, for sure.

"Maybe in that fifth-set tie-break I used [the drop shot] too much and missed a couple of shots I would not usually go for.

"I think he'll remember that match. It was so tough. But I'm excited to have another crack at him.

"I'm going to remember that, if I'm in the fifth set tie-break again, I'll try to be more aggressive and be the one going for it, maybe not to bail out on a drop shot."

STAN TAKES TIME TO ENJOY LAST DANCE

FROM **YASMIN SYED**

STAN WAWRINKA'S farewell to the Australian Open will continue into the third round after the former champion survived a mammoth five-set encounter.

Wawrinka, 40, extended his time Down Under as he outlasted Arthur Gea in the longest match at this year's tournament, at 4hrs 33mins.

The veteran Swiss, champion in Melbourne in 2014, came from behind to beat the French qualifier 4-6 6-3 3-6 7-5 7-6 and set up a meeting with ninth seed Taylor Fritz.

After beating an opponent 19 years his junior, former world No.3 Wawrinka (right) said: "I'm exhausted. It's my last Australian Open, so I'm trying to last as long as possible, also during the match! You gave me so much energy, I'm not young anymore, so I need your energy."

The world No.139, who needed a wild card to play, added: "Knowing that it's my last one here, my last Australian Open, my last year, it's really special.

"The emotions are really completely different. But it's the reason why at 40 I'm still pushing myself, pushing the limit, practising hard in the off-season, it's to live those moments."

It was a routine day at the office for 10-time champion Novak Djokovic, who beat Italian qualifier Francesco Maestrelli 6-3 6-2 6-2 and said: "I'm really happy I'm able to play this way, considering the lack of competitive matches for more than two months."

Jannik Sinner continued his Australian Open title defence with a 6-1 6-4 6-2 win against Aussie wild card James Duckworth.

Fellow reigning champion Madison Keys won the last five games to beat Ashlyn Krueger 6-1 7-5.

World No.2 Iga Swiatek is now five wins away from completing the career Grand Slam here after beating Marie Bouzkova 6-2 6-3.

ROUND-UP

INSIDE SATURDAY

EXPRESS

GambleAware Bet 18+ only. Terms and conditions apply. See paper for details.

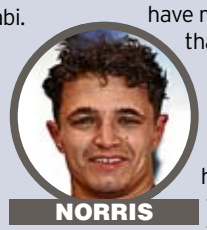
WORLD OF SPORT

Norris revved up to Land second crown

FORMULA ONE

LANDO NORRIS has set himself the goal of successfully defending his maiden Formula One world championship.

Norris became the 11th Brit to take the F1 crown after he saw off Max Verstappen and Oscar Piastri at December's finale in Abu Dhabi.



NORRIS

But the sport has undergone a radical overhaul of regulations and it is unclear which team will hit the ground running in 2026.

Asked if he is ready to secure back-to-back titles, Norris said: "It is absolutely the goal. When you win one, it certainly gives you a lot more confidence. It is different for every driver. You have to find your own way of doing things.

"There are people with more confidence, and drivers with less. I have never been one to have the most confidence in myself but I certainly have more of it now, that's for sure.

"I have always been a seeing-is-believing kind of guy and I have always had to see myself on the top step and see myself winning to finally believe that I can do it."

Norris will be handed his first chance of driving the new McLaren car at a behind-closed-doors test in Barcelona next week.

THE BIG PICTURE

BLAZING SADDLES: The heat of the Women's Tour Down Under

SEVEN athletes from the 2016 Olympics, including one bronze medalist, tested positive for doping in fresh analysis of their samples by the International Testing Agency [ITA].

The athletes caught include weightlifting medalist Aurimas Didzbalis of Lithuania and sprinter Ivet Lalova of Bulgaria, who was eighth in the women's 200m.

"The majority of these positive re-analysis results

OLYMPICS

are mainly due to technical advances," the ITA said, with more sensitive detection of steroid traces.

Samples taken at the Olympics are stored and can be retested for up to 10 years to allow for new developments in science.

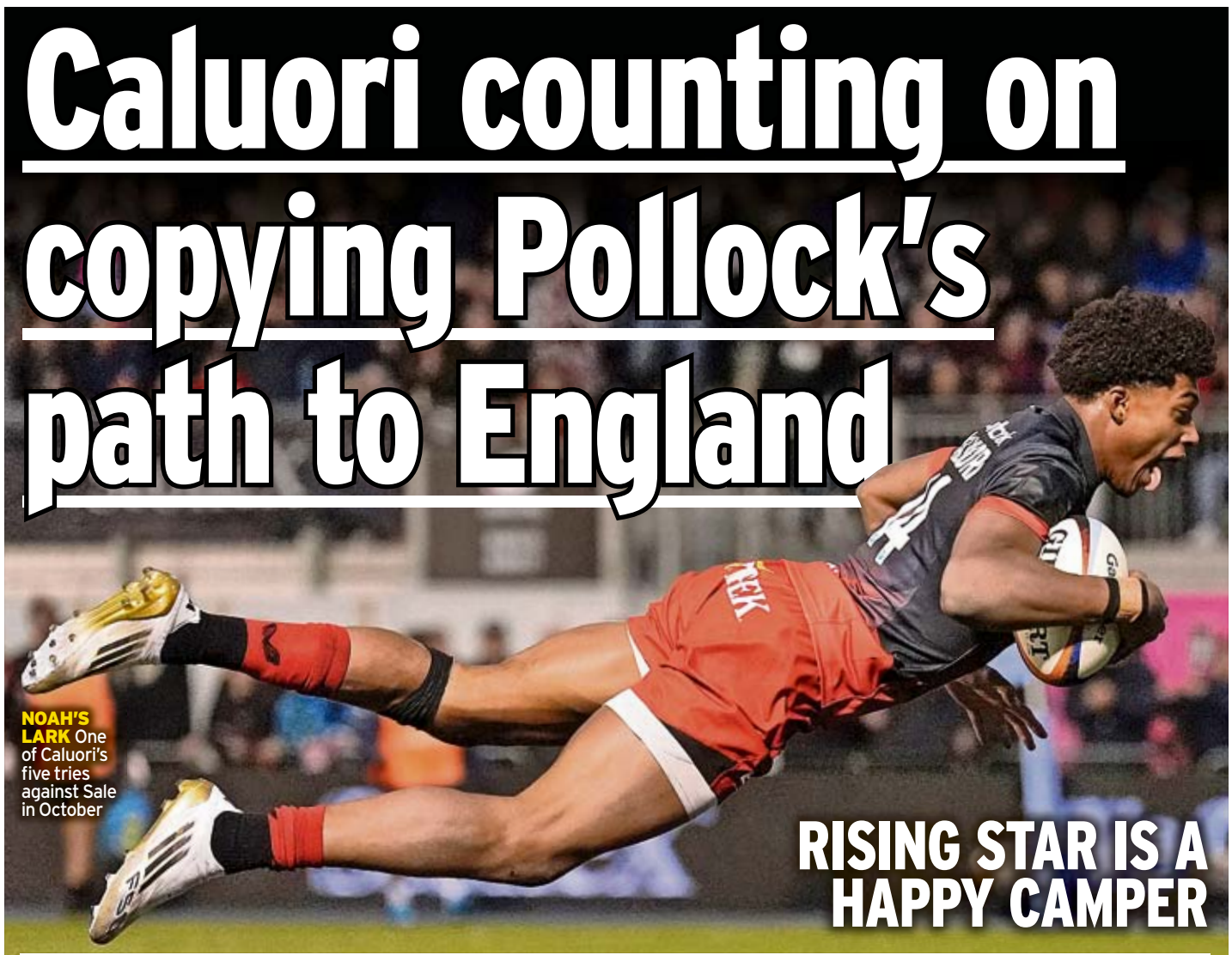
The fresh doping cases included four in weightlifting and one each in judo, wrestling and track and field.

1. Who hit a hat-trick for Swindon Town in the FA Cup second-round home win against Bolton Wanderers this season?
2. Which American won men's high diving gold at the 2025 World Aquatics Championships?
3. Who made 105 and 102 respectively for India in the second ODI defeat by South Africa in Naya Raipur last month?
4. Which Australian golfer won the US PGA Championship in 1995?
5. Which former world middleweight and welterweight boxing champion was born Walker Smith Jr.?
6. Which Ethiopian runner won the men's 5,000m and the 10,000m at the 2008 Olympics?
7. Which Britons won gold in the two-man bobsleigh event at the 1964 Winter Olympics in Innsbruck?
8. Who was the first winner of the men's singles at Wimbledon, in 1877?
9. Which jockey was nicknamed 'the Long Fellow'?
10. What name is given to the last shot of an archery contest?

10 to tackle
RATINGS
0-3 Oh dear
4-6 Small beer
7-9 So near
10 Sporting Seer

ANSWERS: 1 Aaron Drinan. 2 James Lichtenstein. 3 Ruturaj Gaikwad and Virat Kohli. 4 Steve Elkington. 5 Sugar Ray Robinson. 6 Kenenisa Bekele. 7 Tony Nash and Robin Dixon. 8 Spencer Gore. 9 Lester Piggott. 10 The

Caluori counting on copying Pollock's path to England



NOAH'S LARK One of Caluori's five tries against Sale in October

RISING STAR IS A HAPPY CAMPER

BY **ADAM HATHAWAY**

TEENAGE sensation Noah Caluori is aiming to do a Henry Pollock and explode on the international scene this year.

The Saracens wing, 19, who scored five tries in one Prem clash with Sale last October, is tipped for the top and, like Pollock, has already spent time with England.

Pollock went to a Girona training camp with the senior squad ahead of the last Six Nations, before being sent back to the Under-20s for the first four rounds.

The back rower, who has just turned 21, then made a jaw-dropping debut off the bench for Steve Borthwick's men, scoring twice off the bench in the 68-14 Cardiff rout of Wales.

Caluori, whose super strength is his high ball work, was in with the England squad last November ahead of the Australia game, when he was asked to mimic the Wallaby centre Joseph Suaʻali'i. He then played two games for England A but is itching for his full debut and to follow in the footsteps of rising star Pollock (below, left).

Caluori said: "I know Pollock last year was in the Under-20 camps, moved up into the Six Nations camp, back into the U20s and then made his debut in the Six Nations.

"So whatever opportunity I get given I want to make the most of the opportunity.

"We have had a couple of chats and credit to him. He's had a crazy rise and I would definitely like to follow in his footsteps in some things he's done."

It has not all been plain sailing for Caluori, who got on the wrong side of Owen Farrell in a Saracens training session and got the hairdryer treatment from the veteran.

Caluori had just been told he was playing a Championship game for Ampthill, instead of turning out in the Prem derby against Harlequins, and was feeling sorry for himself until Farrell tore a strip off him. Caluori said: "It was a very cold day. I wasn't necessarily moping. I was a bit cold. Feeling a bit ill. I am usually quite bubbly in training and it wasn't one of those days and I could have been training harder. We were doing a tackle drill and I was like, 'My shoulder kind of hurts', just to myself.

"Faz was like, 'Is there anything wrong with you?' I said, 'I am fine'. He said, 'Train like it then'.

"I didn't take it in a negative way. He spoke to me later in the session and said, 'You shouldn't need someone to motivate you to train like you always do on a day when it is cold or on a day when you haven't been selected'."

Head coach Borthwick names his Six Nations squad today, with Caluori likely to be sent to the Under-20s – for now.

"If I go into the Under-20 Six Nations, my ambition would be to win the grand slam and start every game for them," added Caluori.

"I want to go on the summer tour this year for England and hopefully get my first cap this Six Nations or then."

Welsh players set bosses deadline on future

WALES' players have given rugby bosses until the day before their Six Nations Championship opener against England to provide clarity on their future.

While the Welsh Rugby Players' Association (WRPA) statement does not mention strike action, it warned failure to meet that deadline would "require players to consider their position".

The domestic game has been thrown into turmoil by Welsh Rugby Union plans to shelve one of its four men's professional sides – Cardiff, Dragons, Ospreys and Scarlets.

The WRPA met with the Professional Rugby Board on Wednesday after it emerged Ospreys' owners, Y11 Sport and Media, are the WRU's preferred bidder to buy rivals Cardiff.

Y11's potential buyout could see the end of regional rugby in Swansea and significant job losses.

A statement from the players' body made it clear the ongoing uncertainty was having an impact on player welfare.

It continued: "The WRPA has made it clear that meaningful clarity on arrangements for next season must be provided no later than February 6.

"Failure to deliver certainty by this point would inevitably require players to consider their position and next steps."

Wales, led by Steve Tandy (left), are due to start their Six Nations at Twickenham on February 7.

SPUN UNDONE

England's misery goes on as chase hinges on turning point

FROM **SCOTT HUNT** in Colombo

ENGLAND unravelled against Sri Lanka's spinners to fall to a 19-run defeat in Colombo as the morale-boosting victory Harry Brook's men craved slipped away.

Half-centuries from Joe Root and Ben Duckett appeared to have England well placed in their chase of 272 under lights to win the first ODI but the tourists slipped from 129-1 to 165-6 as the life drained from their innings.

England's batters could not match the key contribution of Kusal Mendis, whose unbeaten 93 guided the hosts to 271-6.

Despite lower-order fireworks offering late hope, the tourists were bowled out for 252.

Two weeks on from their 4-1 Ashes defeat, England began their preparations for next month's T20 World Cup against a backdrop of speculation over the future of the team, with head coach Brendon McCullum's position still in question.

England restricted Sri Lanka to 111-3 at the halfway mark, but Mendis shared an 81-run stand with Janith Liyanage.

England's last 10 overs went for 80, with 23 from Jamie Overton's final over. Adil Rashid led the way with 3-44.

After Zak Crawley flashed at a wide delivery from Asitha Fernando and edged behind for just six, Duckett and Root rebuilt.

Both batters notched their fifties in the 25th over and the chase appeared under control, but Sri Lanka turned the screw.

Duckett reached 62, his highest score in 19 innings in all formats, before he was trapped lbw reverse-sweeping Jeffrey Vandersay.

Root quickly followed as he was also beaten on the sweep, falling to Dhananjaya de Silva for 61. From there, Sri Lanka's bowlers got on top. Brook, Jacob Bethell and Sam Curran were bamboozled.

Rehan Ahmed smashed 27 and Overton's rapid 34 meant England needed 20 from the final over, but the latter fell from the second ball.

The second ODI is at the same ground on Saturday.

❑BANGLADESH are insisting that their upcoming T20 World Cup fixtures must be moved to Sri Lanka amid safety concerns of playing in India.

Relations between the neighbouring countries have deteriorated. An appeal to have their matches moved was turned down by the ICC, but Bangladesh Cricket Board president Aminul Islam Bulbul yesterday said: "We will go back to the ICC with our plan to play in Sri Lanka."

BROOK SEES 'POSITIVES'

FROM BACK PAGE

on the eve of the match he feels lucky to still be England captain after a nightclub altercation with a bouncer in New Zealand in October.

"Lovely to get back to the day job," Brook said. "Unfortunately we lost the game but there's still a lot of positives to take from today.

"With the batting power we have, it only took us to get off to a flier for us to break the back of that chase. On another day, we knock that off three down.

"It was hard to start on there, just getting used to the turn, bounce and sometimes the lack of spin when it just skids through.

"That's something we've got to look at as a batting unit."

COLOMBO MYSTERY Brook was stumped in England's failed chase

SCOREBOARD

Sri Lanka v England

COLOMBO: Sri Lanka beat England by 19 runs

SRI LANKA

P Nissanka c Dawson b Curran	21
R Mishara b Rashid	27
K Mendis not out	93
D de Silva lbw Rashid	10
K Asalanka c Brook b Ahmed	17
K Liyanage c & b Rashid	46
P Rathnayake c Overton b Dawson	12
D Wellalage not out	25
Lb10 w10	20
Total (6 wkts., 50 overs)	**271**

Fall: 50, 54, 97, 124, 212, 239.

Bowling: Overton 9-0-66-0, Curran 8-0-40-1, Dawson 10-1-31-1, Rashid 10-0-44-3, Ahmed 10-0-61-1, Bethell 3-0-19-0.

ENGLAND

Z Crawley c Mendis b Fernando	6
B Duckett lbw Vandersay	62
J Root lbw de Silva	61
J Bethell st Mendis b Wellalage	15
H Brook st Mendis b Asalanka	6
J Buttler b Madushan	19
S Curran c & b Wellalage	5
R Ahmed c Wellalage b Vandersay	27
J Overton c Wellalage b Madushan	34
L Dawson c de Silva b Madushan	2
A Rashid not out	0
Lb5 w9 nb1	15
Total (49.2 overs)	**252**

Fall: 12, 129, 144, 156, 158, 165, 203, 211, 213.

Bowling: Fernando 8-1-64-1, Madushan 5.2-0-39-3, de Silva 8-0-22-1, Wellalage 10-0-41-2, Asalanka 7-0-33-1, Vandersay 10-0-39-2, Mishara 1-0-9-0.

Umpires: R Wimalasiri & R Tucker.

GOLF: DUBAI DESERT CLASSIC

MY ROUND Hatton shocked McIlroy (right)

HEAVY HATTON LAUNCHES HIS STOUT DEFENCE

FROM **NEIL McLEMAN IN DUBAI**

TYRRELL HATTON outscored a "horrified" Rory McIlroy at the Dubai Desert Classic, despite piling on a stone sinking wine and Guinness over Christmas.

The LIV Golf star claimed he was "turning like the Titanic" during an opening round 70 in defence of his title during his "damp January".

In his pre-tournament press conference, Masters champion McIlroy told Ryder Cup team-mate Hatton to pay the fines for playing on the Saudi-backed tour, to stay eligible for Europe.

But Hatton revealed all they had discussed during their 18 holes together was the "good wine" they had imbibed during the holiday period.

"And then he was horrified to hear what weight I was on January 1st," said the world No.21, laughing.

"I was 204 pounds [14st 6lbs], which at 5ft 8in is aggressive. Just before the Ryder Cup, I was like 190 (13st 6lbs). Yeah, I enjoyed my December. I did do some training. Zero cardio and a lot of drinking.

"I did do dry January last year but I felt like I'd just do damp January this year.

"I can be good if I want to be. It's just most of the time, I just want to enjoy myself, so that's what I do. Now it's the gym and avoiding alcohol, I would imagine, to lose a little bit of weight. Sad times."

Hatton's lack of conditioning – the LIV Golf tour starts on February 4 – did not stop him carding a two-under par round of 70 on a blustery day. He was five shots off the first-round lead held by his Ryder Cup vice-captain Francesco Molinari (above).

But Hatton said: "It wasn't pretty. I was turning like the Titanic! Can't move."

McIlroy and Tommy Fleetwood both shot 73 in the same group as Hatton.

MATT HAS BACKBONE FOR SKELETON PRESSURE

BY **JAMES REID**

WINTER OLYMPICS

MATT WESTON insists he is ready to deal with the pressure of being the red-hot favourite and deliver Team GB an historic skeleton gold.

Weston has been the dominant force in the sport since 2023, sealing two World Championship titles, and heads to Milan-Cortina 2026 fresh from clinching his third consecutive World Cup crown (left). It means all eyes are on him to deliver Great Britain's first men's skeleton gold at the Winter Olympics.

But the 28-year-old (right) is confident he has done the work to prepare himself as he chases the missing piece of his medal collection.

"The success I've had over the past few years definitely adds a lot of pressure, but at the same time it adds a lot of confidence," he said. "The overriding feeling is excitement. [Dealing with the pressure] is something I've been working on with psychologists over the past few years, making sure I am in the best place to maximise going to the Games and making every second count."

British sliders head to Italy with their fortunes transformed from four years ago, when they endured a disastrous campaign at Beijing 2022. Weston finished 15th, one place ahead of compatriot Marcus Wyatt, and a funding cut to the tune of £1.7million followed.

But Weston and Wyatt have won every World Cup event this season between them, while Tabby Stoecker is a realistic medal hope in the women's event following World Cup bronze and will be competing with Weston in the mixed event.

Plenty of fingers were pointed at shoddy equipment in Beijing but Weston believes they have got everything right this time.

"Learning from Beijing is part of the reason I have had the success since," he added.

❑*TNT Sports on discovery+ will be the go-to destination in the UK to watch everything of Milano Cortina 2026 live all in one place, with over 850 hours of action from every sport, venue, and medal event.*

With OLIVIA BUZAGLO and JOLEON LESCOTT

JOSE WAS STROP OF THE TABLE AT BRIDGE

BY **BEN CRAWFORD**

SHAUN WRIGHT-PHILLIPS was once left speechless after Jose Mourinho booted a table in front of him at Chelsea.

The former England winger played at Stamford Bridge from 2005 until 2008 and won the Premier League and FA Cup under Mourinho's guidance.

But the enigmatic Mourinho once lost it in front of Wright-Phillips early in his time at Chelsea. The Portuguese manager sent drinks flying after kicking a table.

"We came into the dressing room after a bad half," said Wright-Phillips (inset), speaking on In The Mixer brought to you by Sky Bet.

"I think I was subbed in that game. But we were all in there because nobody was allowed to go and warm up yet.

"Everybody had to be there at half-time. It was weird because Jose was in his office and we were all just sitting there and nothing was happening.

"It was quite quiet. Then he walked past as if he'd gone to the toilet and all of a sudden he came sprinting back in and fly-kicked the table.

"All the drinks went everywhere! I just looked on because I was still new at the club. I'm like, 'What just happened?'

"Then he just exploded... I quite like that though.

"I like that from a manager because he's showing us he cares.

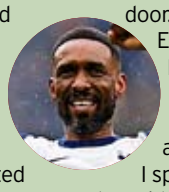
"I'd rather a manager like that than the one that's quiet and talking behind your back and not explaining and not helping you get better.

"He would just tell you as it is. Players would crumble at that I think now."

Spurs was a no-go after call with Defoe

A PHONE call with Jermain Defoe put Shaun Wright-Phillips off joining Tottenham.

Wright-Phillips enjoyed a varied Premier League career, starring on the wing for Chelsea, Manchester City and QPR.



In 2008 he sought playing time away from Stamford Bridge and revealed Spurs were interested in signing him. But it only took one phone call from England team-mate Defoe (inset) to dissuade him – and he went on to rejoin City.

"Chelsea weren't pushing me out the door. They wanted me to stay. But England, they wanted you to have more game time [in order to play]," said Wright-Phillips.

"I had to make a decision and Spurs were floating around. I spoke to JD [Jermain Defoe]. But he said, 'It's not what you think it is.' That was enough for me."

WATCH IN THE MIXER NOW

FENERBAHCE	0
ASTON VILLA	1
Sancho 25	

BY **JOHN TOWNLEY**

UNAI EMERY admitted Aston Villa are "dreaming" of winning the Europa League – with eyes on next season's Champions League.

Villa are in the driving seat to finish inside the top two in the league phase of Europe's second-tier competition after beating Fenerbahce in Istanbul.

Jadon Sancho scored his first goal for the club in the first half and it proved to be the difference as Emery celebrated his 100th Europa League match with an impressive victory. The win confirms Villa's place in the knockout stages of the competition.

However, with the incentive of playing at home in the second leg of each knockout round until the final, finishing in the top two is now in their hands after Midtjylland shipped a 100th-minute penalty at Brann.

Emery said: "We have a clear objective in this competition – to be a contender for the trophy.

"Winning this trophy gets you to the Champions League, which is very difficult through the Premier League.

"We are dreaming to get trophies, through Europe is one objective."

Fenerbahce were wide open in transition and Villa opened the scoring in the 25th minute. Matty Cash's cross found Sancho in the box, with the

Gibbs-White finds himself in

Braga 1
Nottingham Forest 0

BY **SARAH CLAPSON**

NOTTINGHAM FOREST only had themselves to blame as they suffered a disastrous night in Portugal.

Morgan Gibbs-White missed a penalty before Ryan Yates put through his own net seconds later and a dismal trip was compounded by a red card for Elliot Anderson.

Sean Dyche was dealt a blow ahead of the game as Igor Jesus sustained a knock leaving Forest without a recognised available striker.

They are closing in on the signing of Italian forward Lorenzo Lucca on loan, but boss Dyche had to get creative in the meantime.

Winger Dan Ndoye and Gibbs-White led the charge for the visitors.

And the latter almost opened the scoring with just 10 minutes on the clock.

After being brought down just outside the area, the England forward stepped up to take the free-kick but his effort was pushed away by Lukas Hornicek.

That was as close as Forest got in a poor first half devoid of intent from both sides.

There was a warning sign for Dyche's side on the stroke of half-time when Gabri Martinez headed wide from a right-hand cross.

With little to excite the travelling fans, some boos rang out from the away section when the teams trudged off at the break.

Emery targets ultimate glory as Sancho shines

Manchester United loanee heading past Ederson.

The goalscorer said: "I just take it day by day in training. Obviously the manager and the team are helping me to get to my best.

"Honestly, I know I can do a lot more. But again I'm very grateful that I got my first goal for Aston Villa and I hope it continues."

Just before half-time, Sancho nearly doubled both his tally and Villa's lead. Picked out by Morgan Rogers in the box, the winger stepped round Ederson but couldn't squeeze the ball past Fenerbahce defenders on the line.

The host's first big chance fell to Anderson Talisca on the hour mark but Marco Bizot denied the forward.

Minutes later, Villa came agonisingly close to a second when Cash saw a long-range effort strike the post. The Villans thought they had doubled their lead when Sancho's cross was bundled in but VAR ruled it out for offside.

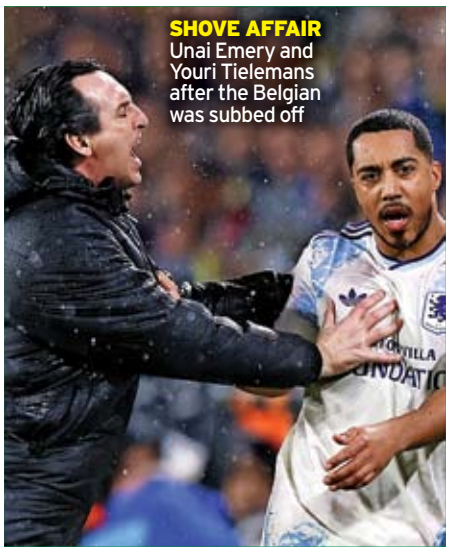
Fenerbahce were then denied an equaliser at the other end as Jhon Duran was deemed offside by VAR.

Emery appeared to clash with Youri Tielemans late on when he was substituted, but the boss brushed off the incident, saying: "He's like my son."

FENERBAHCE (4-2-3-1): Ederson; Muldur, Skriniar, Oosterwolde, Nelson Semedo (Demir 56); Fred, Yuksek (Alvarez 73); Nene (Talisca 56), Asensio, Akturkoglu; Duran

ASTON VILLA (4-2-3-1): Bizot; Cash (Maatsen 75), Lindelof, Mings, Digne; Bogarde, Tielemans (Hemmings 90); Sancho (Andres Garcia 75), Rogers (Guessand 75), Buendia (Onana 75); Watkins

REFEREE: Luis Godinho (Portugal)



SHOVE AFFAIR Unai Emery and Youri Tielemans after the Belgian was subbed off

BACK OF THE NET Jadon Sancho leads the celebrations after scoring (above)

EUROPA LEAGUE TABLE

	P	W	D	L	F	A	Pts
Lyon	7	6	0	1	14	3	18
Aston Villa	7	6	0	1	11	4	18
Freiburg	7	5	2	0	10	3	17
Midtjylland	7	5	1	1	16	8	16
Braga	7	5	1	1	11	5	16
Roma	7	5	0	2	12	5	15
Ferencvaros	7	4	3	0	12	7	15
Real Betis	7	4	2	1	11	6	14
FC Porto	7	4	2	1	10	6	14
Red Star Belgrade	7	4	1	2	6	5	13
PAOK	7	3	3	1	15	10	12
Stuttgart	7	4	0	3	12	7	12
Celta Vigo	7	4	0	3	14	10	12
Bologna	7	3	3	1	11	7	12
Nottm Forest	7	3	2	2	11	7	11
Plzen	7	2	5	0	7	3	11
Fenerbahce	7	3	2	2	9	6	11
Panathinaikos	7	3	2	2	10	8	11
Genk	6	3	1	2	7	6	10
Dinamo Zagreb	7	3	1	3	12	14	10
Lille	7	3	0	4	11	9	9
Brann	7	2	3	2	9	10	9
Young Boys	7	3	0	4	8	13	9
Celtic	7	2	2	3	9	13	8
Ludogorets	7	2	1	4	11	15	7
Feyenoord	7	2	0	5	10	13	6
Basel	7	2	0	5	9	12	6
Red Bull Salzburg	7	2	0	5	8	12	6
FCSB	7	2	0	5	8	15	6
Go Ahead Eagles	7	2	0	5	6	14	6
Rangers	7	1	1	5	4	11	4
Sturm Graz	7	1	1	5	4	11	4
Nice	7	1	0	6	7	14	3
Utrecht	6	0	1	5	3	9	1
Malmo FF	7	0	1	6	3	13	1
M Tel-Aviv	7	0	1	6	2	19	1

a spot of bother

The Reds then spurned a golden opportunity to make the breakthrough five minutes into the second half when Gibbs-White's penalty was saved after James McAtee had been fouled.

Braga immediately went down the other end and their attack ended with Yates diverting the ball into his own net.

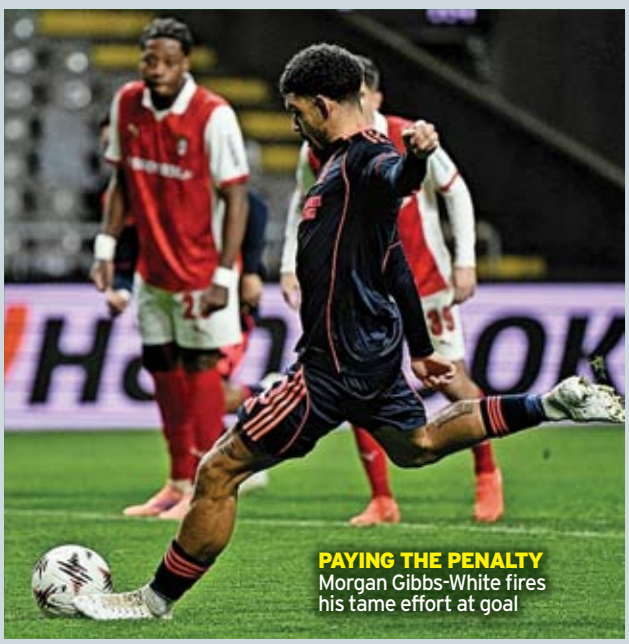
Gibbs-White fired off target and Ola Aina struck the bar as Forest tried to respond.

But a thoroughly miserable evening for the Premier League side ended with a straight red card for substitute Anderson in added time, with no one really sure what for.

BRAGA (3-4-2-1): Hornicek; Lagerbielke, Niakate (Caravalho 46), Arrey-Mbi; Gomez, Gorby, Grillitsch (Moutinho 62), Martinez (Lelo 86); Ricardo Horta (Dorgeles 75), Diego Rodrigues; Navarro (Victor 62).

N FOREST (4-5-1): Sels; Savona, Milenkovic, Morato, Aina (Williams 69); Bakwa (Dominguez 75), Yates (Sangare 86), Douglas Luiz (Anderson 68), McAtee (Hudson-Odoi 68), Ndoye; Gibbs-White.

REFEREE: Erik Lambrechts (Belgium)



PAYING THE PENALTY Morgan Gibbs-White fires his tame effort at goal

HATATE YOU STUPID BHOY

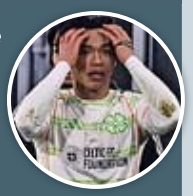
TEN-MAN Celtic surrendered a two-goal lead but held on for what could be a precious Europa League point in Bologna.

Reo Hatate (inset) opened the scoring early on before collecting two yellow cards in the space of three minutes.

Auston Trusty doubled the lead but Martin O'Neill's side came under sustained pressure after the interval and goals from Thijs Dallinga and Jonathan Rowe brought Bologna level.

A win over Utrecht at Parkhead next week should see Celtic qualify for the playoffs.

Rangers beat Ludogorets 1-0 thanks to a goal from Mohamed Diomande but they now cannot make the top 24 in the table.



SPORT IN BRIEF

Europa League Lge Stage

BOLOGNA (0)..... 2 Dallinga 58, Rowe 72
CELTIC (2)..... 2 Hatate 5, Trusty 40

BRANN (1)..... 3 Holm 19, Kornvig 68 (pen), Soltvedt 90 (pen)
MIDTJYLLAND (2).. 3 Erlic 4, 70, Junior Brumado 31

FENERBAHCE (0) ... 0
ASTON VILLA (1) .. 1 Sancho 25

FEYENOORD (1) ..... 3 Watanabe 5, Hadj Moussa 68, Borges 90
STURM GRAZ (0) .. 0

FREIBURG (0) ..... 1 Matanovic 82
M TEL-AVIV (0)..... 0

MALMO FF (0) 0
RS BELGRADE (1). 1 Kostov 16

PAOK (0) ..... 2 Zivkovic 67, Giakoumakis 86 (pen)
REAL BETIS (0) 0

PLZEN (1)..... 1 Cerv 6
PORTO (0)..... 1 Gul 90

YOUNG BOYS (0).... 0
LYON (1) ..... 1 Maitland-Niles 45

ROMA (1)..... 2 Pisilli 40, 90
STUTTGART (0) 0

BRAGA (0) ..... 1 Yates 54 (og)
NOTTM FOR (0) 0

CELTA VIGO (1) ..... 2 Swedberg 1, Starfelt 69
LILLE (0)..... 1 Giroud 86

D ZAGREB (2) ..... 4 Bakrar 7, Beljo 11, 71, Kulenovic 90
FCSB (1) ..... 1 Birligea 42

FERENCVAROS (0).. 1 Yusuf 62 (pen)
PANATH'KOS (0)... 1 Zarouy 86

NICE (2)..... 3 Vanhoutte 10, Gouveia 41, 59
GO AH EAGLES (0) 1 Stokkers 68

RANGERS (1) ..... 1 Diomande 33
LUDOGORETS (0).. 0

RB SALZBURG (3) .. 3 Alajbegovic 4, 12, Kratzig 35
BASEL (0) ..... 1 Agbonifo 56

UTRECHT (0)..... L
GENK (0)..... L

Sky Bet League One

LINCOLN C (1) ..... 2 Moylan 35, 55
BURTON ALB (1) .. 1 Beesley 37
Att: 9,514

SNOOKER

WST BETVICTOR CHAMPIONSHIP LEAGUE (Mattioli Arena Leicester)—**Group 6**: A Zhang (Chn) bt G Xiao (Chn) 3-0; X Zhao (Chn) bt J Lisowski (Eng) 3-1; Y Wu (Chn) bt X Zhao (Chn) 3-0; J Jones (Wal) bt O Lines (Eng) 3-2; Y Wu (Chn) bt A Zhang (Chn) 3-2; G Xiao (Chn) bt J Lisowski (Eng) 3-2; X Zhao (Chn) bt O Lines (Eng) 3-1; J Jones (Wal) bt Y Wu (Chn) 3-2; A Zhang (Chn) bt O Lines (Eng) 3-1.

TENNIS

AUSTRALIAN OPEN (Melbourne)—**2nd rnd, Selected Men: (5)** L Musetti (Ita) bt L Sonego (Ita) 6-3 6-3 6-4, **(9)** T Fritz (USA) bt V Kopriva (Cze) 6-1 6-4 7-6 (7-4), **(16)** J Men'sik (Cze) bt R Jodar (Spa) 6-2 6-4 6-4, **(4)** N Djokovic (Ser) bt F Maestrelli (Ita) 6-3 6-2 6-2, **(8)** B Shelton (USA) bt D Sweeny (Aus) 6-3 6-2 6-2, M Cilic (Cro) bt **(21)** D Shapovalov (Can) 6-4 6-3 6-2, **(12)** C Ruud (Nor) bt J Munar (Spa) 6-3 7-5 6-4, **(15)** K Khachanov (Rus) bt N Basavareddy (USA) 6-1 6-4 6-3, **(22)** L Darderi (Ita) bt S Baez (Arg) 6-3 1-6 6-4 6-3, **(2)** J Sinner (Ita) bt J Duckworth (Aus) 6-1 6-4 6-2.
Selected Women: (6) J Pegula (USA) bt M Kessler (USA) 6-0 6-2, **(9)** M Keys (USA) bt A Krueger (USA) 6-1 7-5, **(13)** L Noskova (Cze) bt T Preston (Aus) 6-2 4-6 6-2, **(4)** A Anisimova (USA) bt K Siniakova (Cze) 6-1 6-4, **(5)** E Rybakina (Kaz) bt V Gracheva (Fra) 7-5 6-2, N Bartunkova (Cze) bt **(10)** B Bencic (Swi) 6-3 0-6 6-4, **(16)** N Osaka (Jpn) bt S Cirstea (Rom) 6-3 4-6 6-2, **(2)** I Swiatek (Pol) bt M Bouzkova (Cze) 6-2 6-3.

TODAY'S DIARY

(7.45pm unless stated)

Women's Super League
Everton v Brighton (7pm).....
Sky Bet Championship
Derby v West Brom (8pm).....
(Live on Sky Sports Football)
William Hill Scottish Championship
Arbroath v Morton.....
(Live on BBC Scotland)

BASKETBALL
Super League Cup Quarter-Final: Leicester Riders v Surrey 89ers, Newcastle Eagles v London Lions.

ICE HOCKEY
Elite League: Glasgow Clan v Coventry Blaze.

SNOOKER
WST BetVictor Championship League (Mattioli Arena, Leicester).

TENNIS
Australian Open (Melbourne Park, Melbourne, Australia).

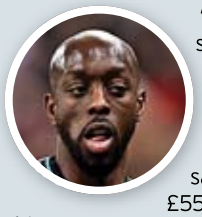
RUGBY UNION
Gallagher Prem (7.45)**:** Gloucester v Bath.
United Rugby Ch'ship (7.45)**:** Edinburgh v Blue Bulls, Munster v Dragons, Ospreys v Lions.
Champ Rugby (7.45)**:** Chinnor v Ealing Trailfinders, Nottingham v London Scottish.

Wissa urges Toon to see Paris and thrive

BY **LEE RYDER**

YOANE WISSA insists Newcastle have the players to shock Paris Saint-Germain and secure a place in the Champions League knockout stage.

The Magpies are assured of a play-off spot thanks to Wednesday's 3-0 win against PSV Eindhoven, when Wissa scored his first goal in the competition.



It lifted them inside the top eight and on course for automatic progress to the knockout rounds, but their last game of the league phase, at the Parc des Princes against the holders, is likely to be a much tougher encounter. Wissa (below) is under no illusion as to the magnitude of the task, but is confident that Newcastle can rise to the challenge.

"We need to show some character because it's going to be difficult there," said the £55million summer signing. "They are the best team in the world.

"They won everything, so for me, they are the best team.

"That's why we need to be ready for the fight because it's going to be difficult, but we can do it."

GIANNI IN CHEAP SHOT AT BRITISH

FROM BACK PAGE

rolling and the magic started we had virtually no incidents," he said.

"For the first time in history also, no Brit was arrested during a World Cup. Imagine!

"So it was a celebration, it was a party, and the next one in the United States, Canada and Mexico will be exactly the same."

Infantino (above) also spoke about criticism around ticket prices.

"I was hammered because of the ticket prices, because they are so expensive,"

Infantino said. "And the main critics were from Germany and England.

"Now, No.1 in ticket requests is the US, No.2 Germany, No.3 England, because everyone wants to come."

In response to the FIFA president's comments, the Football Supporters' Association said: "While we've got Mr Infantino's attention, we'd like to point out that rather than making cheap jokes about our fans, he should concentrate on making cheap tickets."

Frank keen to ensure no one takes Micky

BY **ALASDAIR GOLD**

THOMAS FRANK has insisted Micky van de Ven is happy at Tottenham and urged the club to give him a new contract.

Only Richarlison has scored more goals this season for Spurs than the Netherlands centre-back, 24, who has stepped up into Frank's leadership group.

However, that has not prevented speculation that Van de Ven (right) is unhappy at Tottenham and that the club have slapped a £100million price tag on him. With three years remaining on the speedy defender's contract, Frank believes a bumper new deal should be high on Spurs' to-do list.

"He's very important for us, Micky is a Tottenham player now and for the future," said Frank. "He's definitely a player we should prioritise.

"Definitely for me Micky is a key player for this team and this club and hopefully for many years to come."

Elsewhere, new Spurs left-back Souza is thrilled to have completed his move. The Brazilian, 19, said: "I grew up watching the Premier League so this is a childhood dream for me."

ONE DOWN – FIVE TO GO

ARSENAL maintained their impressive 100 per cent record in the Champions League this season with victory at Inter Milan on Tuesday.

The Gunners have guaranteed their place in the knockout stage – and as one of the top two seeds – with a game to spare, while the Premier League's five other clubs remain on course to secure automatic qualification.

So what do what Manchester City, Liverpool, Chelsea, Tottenham and Newcastle need in next week's final group-phase matches to seal their place in the last 16?

LIVERPOOL

Wednesday night's 3-0 win in Marseille lifted Liverpool up to fourth place, level with Real Madrid on 15 points – and victory at Anfield against Qarabag will see them get the job done. A point could still be enough but with just two points separating Arne Slot's side and 13th-placed Atalanta, the Reds would then be relying on other results to seal direct qualification.

MANCHESTER CITY

City slipped to 11th place on Tuesday night after falling victim to a shock 3-1 defeat to Norwegian side Bodo/Glimt and must beat Galatasaray at the Etihad Stadium to give themselves a strong chance of a top-eight finish – though with seven other teams alongside them on 13 points it could come down to goal difference. A point could still be enough to avoid a two-legged play-off, but only in the event of a set of highly unlikely results elsewhere.

CHELSEA

The Londoners laboured to a 1-0 home win against minnows Pafos on Wednesday night, but kept their hopes alive. Liam Rosenior's side sit eighth, in the last qualification place on goal difference. But they, like City, are one of eight clubs level on 13 points and realistically must beat Napoli in Italy in their final match and rely on coming through on goal difference.

TOTTENHAM

Thomas Frank's side gave their top-eight chances a huge boost by beating Borussia Dortmund on Tuesday to climb to fifth, one point behind Liverpool, and a direct route to the last 16 also lies in their own hands. Victory over already-eliminated Eintracht Frankfurt in Germany will guarantee Tottenham a place in the knockout stage, while a point might not be enough.

NEWCASTLE

After beating PSV Eindhoven 3-0 at St James' Park on Wednesday night, Newcastle climbed to seventh and like all the English clubs they are guaranteed at least a play-off place. Eddie Howe's side face a daunting trip to reigning champions Paris St-Germain in their final tie and hope a famous win at the Parc des Princes will be enough to seal a direct route to the knockout rounds. A draw would leave them vulnerable.

DUTCH OF CLASS Liverpool defender Van Dijk and (inset) Arne Slot with Joe Gomez

THAT'S MO LIKE IT Salah returned from Africa Cup of Nations

SALVATION ARNE

There's hope in Van Dijk's heart as gritty Slot stars show off their bouncebackability

BY **SIMON CASS**

VIRGIL VAN DIJK was impressed with the improvement Liverpool showed in four days.

But the Reds skipper knows it is the next four months which will decide whether their season is deemed a success or failure.

Given the 14-point gap leaders Arsenal hold over Liverpool in the Premier League table, even the most optimistic Reds fan would concede any chance of retaining the title is long gone.

But the hope remains, certainly with Van Dijk, that Liverpool can still add to their trophy cabinet this season.

Wednesday night's 3-0 win in Marseille means they can guarantee advancing straight to the last 16 of the Champions League with victory at Anfield against Qarabag next week.

A deep FA Cup run also remains a live possibility, even if a tricky tie at home to Brighton next month must be negotiated.

Their 13-match unbeaten run could certainly be viewed as deceiving, given it has contained six draws.

But Van Dijk is buoyed by the way that they bounced back from having to share the points with Burnley at Anfield to taking down Marseille in their own backyard.

"We were disappointed in the fact we dropped points (against Burnley)," said the Dutch defender.

"It's how you react four days later and we had a good performance offensively and defensively (against Marseille).

We don't have that consistency that we had last year... yet. Hopefully we find it ASAP

"Now it is important how we react to this because Bournemouth will make it very difficult for us, especially at their place.

"We don't have that consistency that we had last year... yet. Hopefully we find it ASAP.

"Now it is down to us, not only the starting XI but everyone as a whole, to go to Bournemouth and show the best Liverpool we can be, because we can be very good."

The title defence may be over, but finishing as high up the table as possible, of course, remains vital.

But it is the prospect of continuing their proud history in Europe that can still ensure a turbulent season ends on a very high note.

"If you're not hopeful as a Liverpool player or fan, and don't have a little bit of something to look forward to, then obviously that's an issue," conceded Van Dijk.

"Personally, I'm very hopeful. I enjoy being part of the club and difficult days will always be there, it's how you deal with it and I think we will get there. I'm not worried about that.

"I see the progress we are making but that has also been in many other games we have played this season.

"Consistency is the thing which probably gives you silverware or success and that's something we still have to look for."

Those inconsistent results have put head coach Arne Slot under scrutiny, but not to the extent that he deserved being asked in his pre-Marseille press conference whether sacked Real Madrid coach Xabi Alonso had been in touch about taking over.

Slot laughed it off, but Van Dijk was not impressed.

"That was very disrespectful," said the defender, although he did concede some of the flak has been justified.

"Criticism is part and parcel for us, that's what we live with and it's absolutely justified if you look at what we are doing in the season.

"It's been a very difficult part of the season for us players and the manager, but in my opinion he handled it very well.

"We are in a result business and we all get judged – players, the manager and everyone involved with the results – and that is what we are working on to improve on a consistent basis."

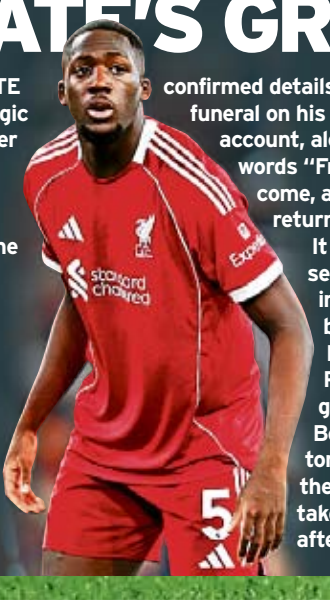
SMILES BETTER Reds players celebrate Szoboszlai's free-kick

KONATE'S GRIEF

IBRAHIMA KONATE has shared the tragic news that his father Hamady has passed away.

The Liverpool defender missed the Reds' Champions League clash with Marseille on Wednesday night.

The club stated he was dealing with a family matter and his place was taken by Joe Gomez.



Konate (inset) confirmed details of his dad's funeral on his Instagram account, along with the words "From Him we come, and to Him we return."

It remains to be seen if the France international will be involved in Liverpool's Premier League game against Bournemouth tomorrow, with the funeral set to take place this afternoon in Paris.

PROTEST Going ahead despite Carrick's big start

Ratcliffe's a focus for fan anger

FROM BACK PAGE

a debt mountain, mismanagement and financial greed is 21 years too long. Enough is enough.

"We will not be silent. We will not be complicit. Jim Ratcliffe, you have chosen your side, and it is not ours. You are no saviour.

"For many, you come across as a clown, fumbling from one disaster to another, hopelessly out of your depth at one of the world's greatest football institutions, adored by millions.

"We were promised best in class, but for us the club is a laughing stock."

The Glazer family have faced fan fury since taking a controlling stake at Old Trafford in controversial fashion in 2005. But Ratcliffe, who became co-owner in February 2024, has been the subject of increasing criticism of late.

Despite Michael Carrick kicking off his interm reign with an impressive win against Manchester City, the protest will go ahead.

The 1958 spokesman said: "We beat City, but one swallow does not make a summer. This is not about Carrick and results. It is about our ownership."

Casemiro is leaving

BY **CAMERON WINSTANLEY** AND **SIMON PEACH**

CASEMIRO insisted Manchester United still have "a lot to fight for" after it was confirmed he will leave the club at the end of the season.

The midfielder, 33, is set to become a free agent in the summer despite once again being a regular at Old Trafford this season.

Casemiro (above), who joined in 2022, said: "It is not time to say goodbye; there are many more memories to create during the next four months.

"We still have a lot to fight for together."

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THE POSITIVE SPIN

Brook back to work but England lose again

FROM **SCOTT HUNT** in Colombo

HARRY BROOK said it was "nice to get back to the day job" after off-field incidents and took the positives from England's latest defeat.

Half-centuries from Joe Root and Ben Duckett put them well placed in the first ODI against Sri Lanka.

But, chasing 272, the tourists slipped from 129-1 to 165-6 as the hosts' spinners set up a 19-run loss. Brook (left) admitted

TURN TO PAGE 55, COL 4

Noah's arc to Roses

THE POLLOCK PLAN: P54

CHEAP SHOT

Brit fans the punch line for Infantino's bad joke

BY **JAMIE GARDNER**

FIFA president Gianni Infantino made a joke about British football fans' behaviour and defended ticket prices for this summer's World Cup during a speech to world leaders.

Infantino addressed concerns around the staging of this summer's finals in North America amid rising domestic tensions in the USA during a speech at the World Economic Forum in Switzerland, citing how there had been "a lot of critics" in the build-up to the Qatar finals in 2022.

"When the ball started

TURN TO P58, COLUMN 1

SUPPORT ACT Infantino joked that Qatar 2022 was a first for no British arrests – England and Wales (right) fans both travelled in numbers

VIRGIL SAYS REDS BACK ON THE ROAD TO SUCCESS: P58-59

FANS TURN ON SIR JIM

BY **SIMON CASS**

SIR JIM RATCLIFFE has been branded "out of his depth" by Manchester United fan group The 1958.

The group expects more than 6,000 fans to protest against United's ownership before their next home game, against Fulham on Sunday week.

And they have turned their fire on Ratcliffe (right), accusing the United co-owner of being "complicit" in what they perceive as the club's ongoing decline.

"Jim Ratcliffe chose to get into bed with the Glazers and, in our opinion, is helping to keep them in charge," a spokesperson for The 1958 said. "Twenty-one years of

TURN TO PAGE 59, COLUMN 5

FENERBAHCE 0
ASTON VILLA 1

It's sweet 16 for Sancho

VILLANS ON EURO CHARGE: P56-57

BRAGA 1
N FOREST 0

FOREST FELLED: P56-57

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Puzzles

SUDOKU

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions on Monday**

EASY

9			4			8		3
8				2		4		1
		5				6		2
4		9		6	1		3	
	8	2				7		
	5		2	7		1	8	
2		4				9		7
7		6		4				8
		8		9	7		2	

MEDIUM

2					9		6	
6	9		2					8
	4	3	6		7			
9			3			8	7	
	3			5				
	1				4			3
			9		6	3	5	
				2	3		8	1
3	2		5					7

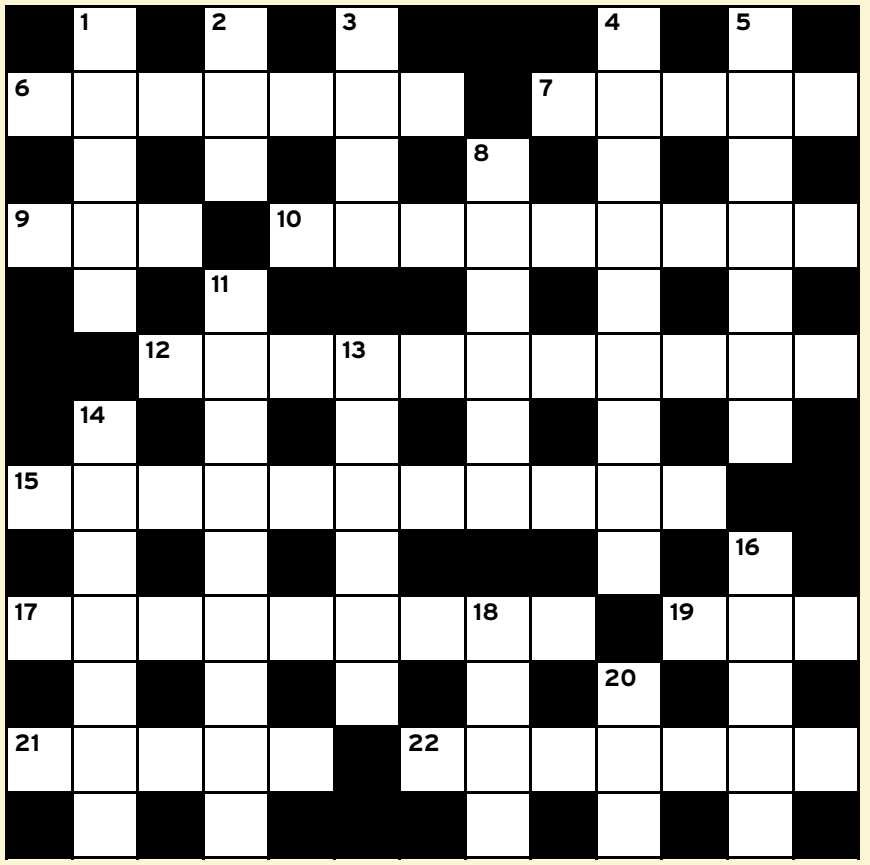
DIFFICULT

		8			3		9	4
4	6				1	8		
				2				
2					6			
	1	3				4	2	
			7		2			
				1				
		9	6				5	3
5	4		3			6		

Extra clues: **0901 322 5609**
**Calls cost 75p plus your telephone company's network access charge.*

Today's solution: **0907 181 2573**
**Calls cost 80p per minute plus your telephone company's network access charge.*

QUICK CROSSWORD



ACROSS
6 Disintegrate (7)
7 Daub (5)
9 Extremely expert (3)
10 Inactive (9)
12 Blessing (11)
15 Ancestor (11)
17 In utter want (9)
19 Anger (3)
21 Giver (5)
22 Artist (7)

DOWN
1 Couple (5)
2 Little devil (3)
3 Otherwise (4)
4 Copy (9)
5 Soldier (7)
8 Negligent (6)
11 Ruin (9)
13 Stimulate (6)
14 Liberty (7)
16 Command (5)
18 Salver (4)
20 Tavern (3)

Solution on Monday

Stuck on the puzzle? Call **0905 789 4188** to hear individual clues or the full solution

Calls cost 80p per minute plus your telephone company's network access charge. Service provider Spoke Ltd - **Helpline 0333 202 3390*

CROSS DOUBT

Target times: Average: **20 mins** Good: **16 mins** Excellent: **12 mins**

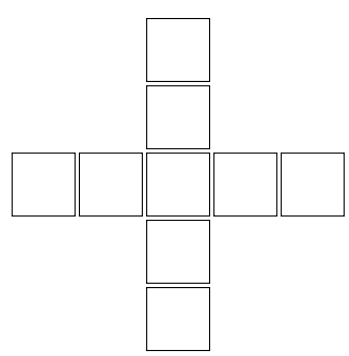
Stuck? Call for a clue
0901 322 5601
Halve your Target Time!

Today's solution
0901 322 5607
Both today's words in a moment!

**Calls cost 75p plus your telephone company's network access charge.*

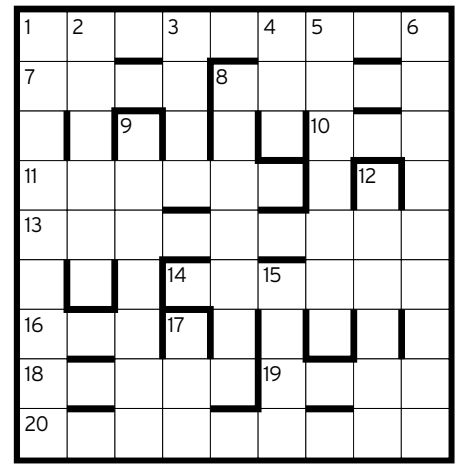
Can you make two common five-letter words from the nine letters given, using each letter only once? You can – but only if one letter features in both words in the squares on the right. There's at least one way to do it, and you have to have the right letter at the crossover – but which one is it?

See if you can find the answer within our target time. If you need help, ring our clue-line below to find out the crossover letter. Solution on Monday



A G G N O P R R U

SMALL CROSSWORD



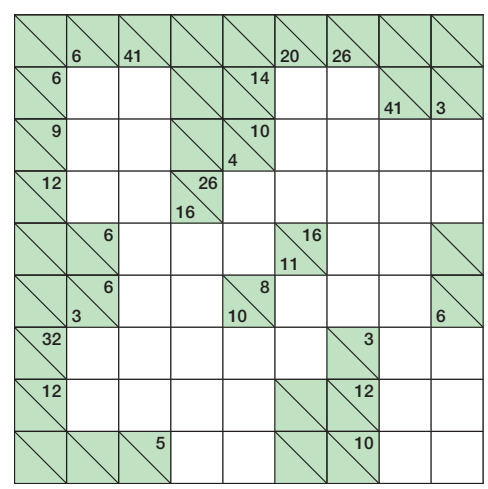
ACROSS
1 Vanish (9)
7 Concludes (4)
8 Emotionally strained (5)
10 _ Jones, Welsh singer (3)
11 Bags for money (6)
13 Altitude (9)
14 Be there (6)
16 Chopping tool (3)
18 Slight colouring (5)
19 African predator (4)
20 Making longer (9)

DOWN
1 Frantic (9)
2 Affront (6)
3 Poses a question (4)
4 Domestic animal (3)
5 Arrivals (7)
6 Denim grin (anag.) (9)
8 Operating room (7)
9 Gift (7)
12 Capital of England (6)
15 Notified (4)
17 Become older (3)

Solution on Monday

For today's solution call:
0907 181 2582
**Calls cost 80p per minute plus your telephone company's network access charge.*

KAKURO



Fill each sequence of blank squares using the numbers 1-9. Each sequence – across and down – must total the number in the shaded box at the beginning or top of each line. A number may be repeated in each line but NOT in a sequence.

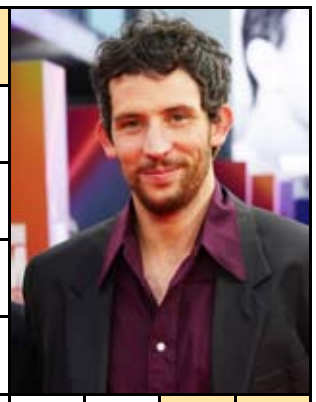
Solution on Monday

Puzzles

ARROW-WORD

Enter your answers as indicated by the arrows, including items connected with our TV star, then read the letters in the shaded squares to spell the 2023 Palme d'Or-nominated film that he starred in (2,7).

Solution in Monday's puzzle pull-out



American state	Bed part		Average (2,2)		Travel on snow / Canadian province				
Crafts	Graft								
				Bleat					
_ Marler, Celebrity Traitors 2025 contestant	Gown								
			Limbs / Scorch				Venue	Crucial	
Our star's first name	Jazz singing / Not at home				Kind / Likeable				
				Suitable			Important person (1,1,1)		
Cupboard or box, eg		Our star's surname		Donkey	Duty				
						Message		Cummerbund	
Martin _, film director	Crow's cry		Grain		Units of current				
							Airborne soldier (in short)		
Whichever / Possessor				Took an exam again	Rascals				
					_ Schnapp, Stranger Things actor / Hearsay				
To a greater extent (4,2)	Greek letter		Ovum / Result			Narrow strips		The _, TV show with our star	
						Anatomical bag			
Robberies, informally		Of the nose / Pen fluid					Sticky substance		
						Formerly			
Wildebeest / _ Dead Man, film with our star (4,2)				Following behind (2,3)					
						Male offspring			

DITLOIDS

If we asked you what "7 D of the W" stood for, you would soon guess we meant 7 Days of the Week, but what are the rather more tricky ones below?

Solution in Monday's puzzle pull-out

1) 4 C in a H

2) C 22 by J H

3) 25 C in a Q

4) 5 O'C S

5) 1 F in the G

6) 38 P by W S

MUDDLESOME

We've scrambled up the names of books by John le Carré. Can you work out what they are?

Solution in Monday's puzzle pull-out

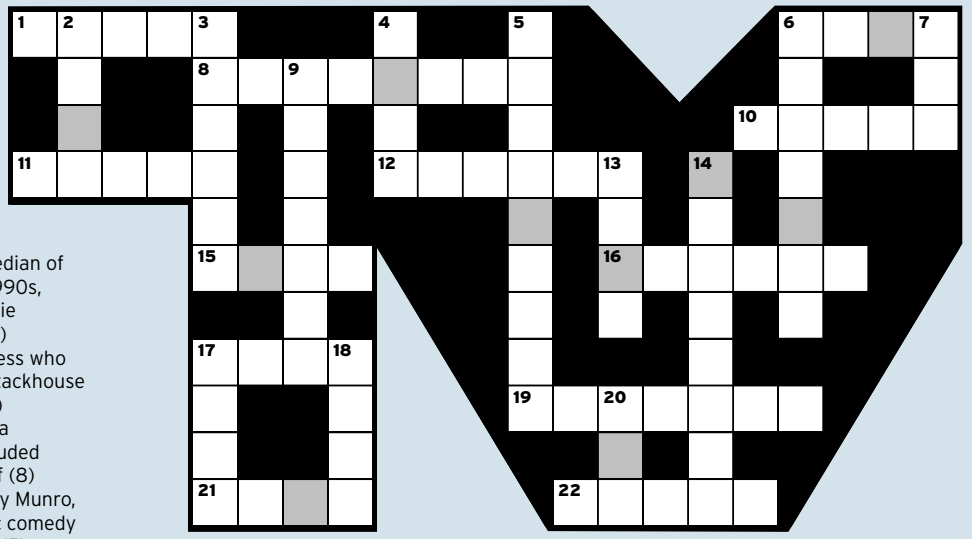
ORDINARILY LIKES PROTEST

CRAFTY PEEPS

HERO USES HIATUS

TV CROSSWORD

Solve our crossword, then rearrange the letters in the shaded squares to reveal the name of a TV show (7,3).



ACROSS

1 Bobby ___, comedian of the 1980s and 1990s, who played Vinnie in EastEnders (5)
6 ___ Paquin, actress who played Sookie Stackhouse in True Blood (4)
8 L.A. beach drama whose stars included David Hasselhoff (8)
10 The ___ Of Bunny Munro, new Sky Atlantic comedy with Matt Smith (5)
11 ___ Watts, actress who plays Liberty Ronson in All's Fair (5)
12 Alan ___, actor who played Alfred to Adam West's Batman (6)
15 Children In ___, annual BBC charity show (4)
16 ___ Mouse Clubhouse, interactive Disney children's show (6)
17 Top Of The ___, former chart music show (4)
19 ___ Cage, actor playing superhero Ben Reilly in the upcoming Spider-Noir (7)
21 My So-Called ___, 1990s teen drama with Claire Danes (4)
22 David Boreanaz drama that was a spinoff from Buffy The Vampire Slayer (5)

DOWN

2 ___ Shawkat, actress who played Maeby Funke in Arrested Development (4)
3 Kieran ___, actor whose TV credits include Ted Lasso and HolbyBlue (1,5)
4 Dean ___, actor who played Superman to Teri Hatcher's Lois Lane on TV (4)
5 ___ Slater, actor who played the title character in Mr Robot (9)
6 See 20
7 ___ Ketchum, former lead character of the Pokemon Anime Series (3)
9 See 20
13 Historical drama of the 2000s, with Kevin McKidd and Polly Walker (4)
14 ___ Dockery, actress who played Lady Mary in Downton Abbey (8)
17 ___ Robinson, Stefan Dennis's Neighbours character (4)
18 ___ Of The Century, game show originally hosted by Nicholas Parsons (4)
20 & 9 & 6 New sitcom in which Dawn French and Mark Heap fake a death (3,3,4,1,6)

Solution in Monday's puzzle pull-out

QUIZ OF THE WEEK

1 Of which constituent country of the United Kingdom is David the patron saint?
2 Brooklyn is the most populous of the five boroughs of which US city?
3 In the royal family, how old was Victoria when she became Queen in 1837 – was she 8, 18 or 28?
4 Golden Balls presenter Jasper Carrott was born in Birmingham in which decade?
5 Ruben Amorim, manager of Manchester United from 2024-26, is what nationality?
6 In which Italian city is William Shakespeare's play Romeo And Juliet set?
7 How many consecutive UK Number One Christmas singles did the Spice Girls have during the 1990s?
8 Which actress, his wife at the time, did Tom Cruise star with in the 1999 film Eyes Wide Shut?
9 What is the surname of Harper, the author of the 1960 novel To Kill A Mockingbird?
10 Beginning with the letter H, what is the name for a plane figure with 7 straight sides and angles?

Solution in Monday's puzzle pull-out

TRIVIA WORDSEARCH

1 Which Italian city includes an area in its eastern sector of former shipyards and armouries known as the Arsenale? (6)
2 Which Manchester skyscraper is known for emitting a loud hum in windy weather thought to be caused by its distinctive overhanging glass 'blade'? (7,5)
3 In which establishment in London are the retired soldiers known as Chelsea Pensioners housed? (5,8)
4 Which canal crosses the Watford Gap running parallel with the M1 motorway and the West Coast main line railway? (5,5)
5 What was the ancient Roman name for the city of Leicester? (5)
6 Norwich lies on the banks of which river in Norfolk? (6)
7 Who designed the Crystal Palace for the 1851 Great Exhibition in Hyde Park? (6)
8 Which character in the classic TV sitcom Till Death Us Do Part supported West Ham United? (3,7)
9 What was the real name of the late medieval nobleman also known as Harry Hotspur? (5,5)
10 A monument to which politician in central Newcastle, similar to Nelson's column, commemorates the passing of the Great Reform Act in 1832? (7,4)

English Football Teams. Solve the clues and find the answers in the grid. Solution in Monday's puzzle pull-out

L	L	N	E	M	E	S	Y	W	D	E	B	H
B	A	O	T	S	T	O	N	L	Y	E	S	E
R	E	T	S	P	M	U	S	N	E	W	T	N
N	C	X	I	T	E	E	V	T	R	V	Y	R
O	A	A	N	P	R	A	H	S	G	I	E	Y
I	V	P	E	A	S	A	X	C	S	L	S	P
N	E	E	P	D	M	O	J	H	E	E	Y	E
U	R	E	N	T	E	D	H	O	L	L	A	R
D	O	L	O	I	Y	N	O	L	R	T	D	C
N	N	W	G	D	C	A	E	E	A	N	U	Y
A	E	D	E	M	N	E	M	R	H	Y	V	W
R	H	G	E	G	N	O	L	O	C	Y	O	X
G	T	T	E	N	R	A	G	F	L	A	R	R

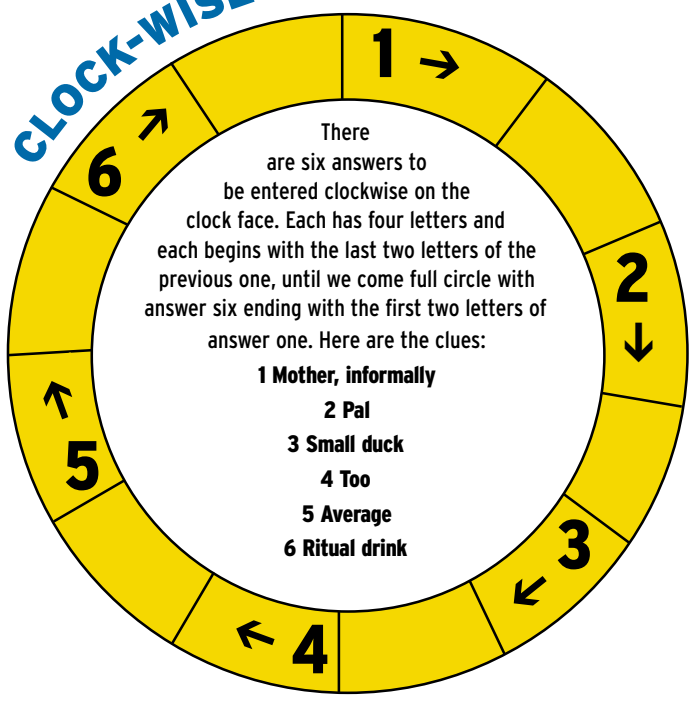
WORDS

In the following passage, the numbers 12345 represent different letters:

If 2123 you feel 4532, you can usually 3212342 the most 421232 pain with plenty of 3542 water applied 5123 the affected area. You will 422 improvement almost immediately. The liquid also 423124 to cure 45324, and it will 5123422 the reinvigoration of any flagging 12312. So 3242312 your bottle today.

Solution in Monday's puzzle pull-out

CLOCK-WISE



There are six answers to be entered clockwise on the clock face. Each has four letters and each begins with the last two letters of the previous one, until we come full circle with answer six ending with the first two letters of answer one. Here are the clues:

1 Mother, informally
2 Pal
3 Small duck
4 Too
5 Average
6 Ritual drink

SUMTHING

Fit the missing numbers into the grid so that all the sums are correct – reading left to right or on single lines top to bottom. There are 11 squares to fill, with one digit in each, and the 11 digits you must use are listed below. But where do they all go?

Solution in Monday's puzzle pull-out

We've given you one digit to get you started. Here are the missing digits to fit in:

0, 1, 2, 2, 3, 3, 4, 4, 7, 7, 9

	+		=		
+		−		×	
6	×		=		
=		=		=	
	×		=		

THE ULTRA ALPHAPUZZLE®

25	20	20	2	■	10	25	24	12	25	1	25	■
19	■	7	■	18	■	4	■	16	■	7	■	9
9	12	16	6	25	■	10	25	15	5	26	22	25
12	■	7	■	5	■	5	■	9	■	15	■	24
10	26	11	6	24	5	11	■	■	22	9	7	14
12	■	■	■	7	■	21	■	1	■	25	■	■
13	25	20	12	26	4	■	3	5	10	11	12	15
■	■	25	■	22	■	22	■	11	■	■	■	11
24	12	3	25	■	■	8	26	12	25	13	24	2
5	■	12	■	17	■	26	■	25	■	25	■	22
20	25	15	25	12	1	25	■	13	7	5	22	13
2	■	12	■	20	■	5	■	2	■	22	■	5
■	22	13	11	25	5	21	22	■	23	25	5	24

1	2	3	4	5	6	7	8	9	10	11	12	13
V	Y											
14	15	16	17	18	19	20	21	22	23	24	25	26

A B C D E F G H I J K L M N O P Q R S T U ✗ W X ✗ Z

Alternatively, for 6 extra clues to your mobile, text:

DXALPHAX to 64343

Texts cost £1 plus your standard network rate.

For up to six Extra Clue Letters, call:

0907 181 2578*

(Deduct three minutes from Target Time for each extra letter heard)

Full solution: **0907 181 2579***
Across only: **0907 181 2576***
Down only: **0907 181 2577***

*Calls cost 80p per minute plus your phone company's network access charge. SP: Spoke. **Helpline 0333 202 3390**

WELCOME to the ULTRA Alphapuzzle™ – the 'extra-tough' version of Britain's favourite wordpower challenge. Each grid number represents a different letter. All 26 letters are used.

TARGET TIME: 30 minutes.

Solution next Friday

Last Friday's solution
Across: Joke, Wanders, Glare, Crumple, Leisure, Limb, Sleuth, Square, Levy, Flirted, Collide, Ozone, Episode, Mess.
Down: Juggles, Luck, Khaki, Envelop, Results, Miss, Archer, Offend, Drug, Equinox, Replica, Those, Verb, Endless.

Alphapuzzle® © 2024 Acorn Editorial Ltd

YESTERDAY'S SOLUTIONS

SAMURAI SUDOKU

3	8	9	5	2	4	1	6	7
2	6	7	9	3	1	4	8	5
4	1	5	7	8	6	2	9	3
5	2	8	3	9	7	6	1	4
7	9	6	1	4	2	5	3	8
1	3	4	6	5	8	7	2	9
9	7	3	2	1	5	8	4	6
8	5	1	4	6	3	9	7	2
6	4	2	8	7	9	3	5	1

			2	1	5	9	7	3
			4	3	8	5	1	6
			1	9	6	7	8	4
2	1	5	9	7	3	5	1	8
4	3	8	5	1	6	4	3	2
9	6	7	8	4	2	6	7	9
3	5	1	6	7	2	9	4	5
6	7	2	4	5	9	1	6	3
9	8	4	3	2	7	6	8	9

5	6	3	1	8	4	2	9	7
2	9	7	6	5	3	1	8	4
4	1	8	7	2	9	3	6	5
6	8	5	3	1	9	7	2	4
1	3	4	2	5	7	6	8	9
9	2	7	6	4	8	1	3	5
8	5	3	9	7	2	4	6	1
7	9	2	1	6	4	3	5	8
4	1	6	8	3	5	9	7	2

3	6	9	1	2	7	4	8	5
7	2	5	3	8	4	1	9	6
1	8	4	9	6	5	3	2	7
4	9	8	2	5	6	7	3	1
6	3	7	8	9	1	2	5	4
2	5	1	7	4	3	9	6	8
9	7	3	6	1	8	5	4	2
8	4	6	5	3	2	8	7	9
5	1	2	4	7	9	6	3	8

SMALL CROSSWORD

Across: 1 Possessed, **7** Cleans, **9** Service, **10** Snob, **12** Lou, **13** Plainly, **14** God, **15** Dumb, **17** Channel, **19** Safety, **20** Presented. **Down: 1** Passages, **2** Oven, **3** Sir, **4** Eliminate, **5** Second, **6** Enjoy, **8** Stumbled, **11** Bashes, **13** Polar, **16** Mere, **18** Nut.

TARGET

EXECUTORY
cert, cortex, cote, court, cruet, curet, curt, cute, cuter, erect, executor, EXECUTORY, exert, outcry, outer, outre, oxter, recto, rete, rote, rout, route, terce, torc, tore, tour, toyer, tree, trey, troy, truce, true, tuyere, tyre, tyro, yurt

WORDSEARCH

D	I	D	G	S	F	T	U	R	L	P	N	E	U	Q
R	P	V	W	N	Z	E	A	S	E	A	N	D	S	T
A	I	T	G	R	A	S	S	G	E	R	I	P	M	U
C	G	D	L	L	A	B	N	R	T	E	D	Q	N	D
D	U	C	V	L	S	E	A	T	S	Z	D	Q	O	A
L	U	N	F	P	L	C	D	S	L	D	Y	U	D	I
I	D	L	S	L	Q	M	F	I	E	U	B	V	N	I
W	E	K	A	U	S	L	N	U	W	L	A	H	B	H
A	U	H	E	W	O	E	K	Q	E	N	I	F	S	C
V	C	T	P	B	J	T	B	S	T	T	N	T	T	T
K	E	Z	N	U	R	E	N	A	U	O	E	T	E	A
D	J	I	D	U	W	Q	G	W	W	K	M	C	D	M
G	U	G	O	H	X	E	C	E	J	R	A	L	L	Y
P	E	C	T	U	M	Z	L	G	K	V	G	A	P	N
H	W	W	D	O	L	G	G	D	H	Z	O	Y	J	C

THE ALPHABEATER

Black squares: 2, 3, 4, 9, 10, 12, 13, 18, 19, 32, 33, 35, 36, 38.
Across: Desert, Island, Razing, Theorem, Crave, Rupee, Swear, Stupefy, Airing, Stucco, Basked.
Down: Verdict, Slash, Dozy, Arquebus, Vertex, Edgy, Mob, Tipsy, Tic, Jags, Fewest, Gangrene, Kind, Odium, Fraught.

CROSS DOUBT

Across: FLANK
Down: ROMAN

SUMMIT UP

87 and 94

ARROW-WORD

	A		D			L		P		P		A		
L	U	P	I	T	A			S	E	O	U	L		
	R		A			S	H	I	R	T		B		
N	A	P	L	E	S				N	A	G	A		
		A			E	S	T			T	A	R		
E	A	R	N	E	S	T		B	O	R	N			
	L		U			E	G	O		L		A		E
D	I	T	T	O		A		T	R	I	A	L	R	U	N
		A		R	A	M	S	H	A	C	K	L	E		V
B	O	R	D	E	R		A		T		I		D	A	Y
	O	N	O			C	A	P	T	A	I	N	S		I
	Z		J	O	H	N		H		M		I	D	L	Y
Z	E	R	O			I	N	S	U	R	A	N	C	E		E
				P		A	G	O	G		K	E	P	T	
	M	E	E	T			Y	E	L	L		R			
		L			C	I	A			E	E	R	I	E	
	L	A	S	H				L	E	N			E	S	A
		G			E	F	T			D	O	D	O	S	
	N	O	E	L			Y	E	S			O	N	E	

THE ALPHAPUZZLE

Across: Motif, Sinew, Economise, Raft, Exit, Queue (clue), Bee, Elk, Chin, Warn, Jet, Sod, Froze, Love, Avid, Espionage, Kayak, Niece.
Down: Carob, Jelly, Effective, Tact, Espy, Quiff, Fun, Ilk, Open, Hobo, Sum, Nun, Evade, Nose, Ague, Extensive, Batik, Dodge.

WORD BUILDER

Doe, Redo, Bored, Border, Order, Rode, Red

SUDOKU EASY

6	5	1	7	4	2	3	8	9
7	8	4	9	1	3	5	6	2
9	2	3	5	8	6	7	4	1
3	6	7	2	9	1	4	5	8
8	9	5	4	6	7	1	2	3
1	4	2	8	3	5	9	7	6
5	3	9	6	7	8	2	1	4
2	1	8	3	5	4	6	9	7
4	7	6	1	2	9	8	3	5

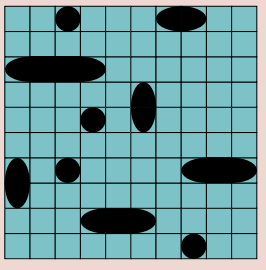
SUDOKU MEDIUM

5	7	9	3	1	2	4	8	6
2	3	4	7	6	8	9	5	1
6	8	1	5	4	9	2	3	7
1	6	3	4	2	7	8	9	5
8	2	7	1	9	5	6	4	3
9	4	5	8	3	6	7	1	2
7	1	6	9	5	4	3	2	8
4	5	2	6	8	3	1	7	9
3	9	8	2	7	1	5	6	4

SUDOKU DIFFICULT

2	8	3	6	7	5	4	1	9
6	7	5	1	4	9	8	3	2
1	4	9	8	3	2	5	7	6
7	1	2	4	6	3	9	5	8
4	3	8	5	9	1	2	6	7
5	9	6	7	2	8	3	4	1
8	6	7	9	5	4	1	2	3
3	5	1	2	8	7	6	9	4
9	2	4	3	1	6	7	8	5

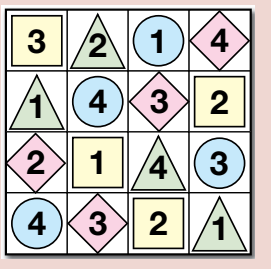
BATTLESHIPS



KAKURO

	4	3	2	1		2	6	
	9	8	7	4	3	1	2	
			8	9	7		7	1
		1	9				8	2
	1	5				2	9	
	2	7		1	2	4		
		9	2	3	4	1	6	5
		8	1		1	3	9	8

KEIJO



QUICK CROSSWORD

Across: 7 Current events, **8** Suppress, **9** Dupe, **10** Obeyed, **12** Arrest, **14** Crisis, **16** Enrobe, **18** Asia, **20** Ecstatic, **22** By word of mouth.
Down: 1 Cucumber, **2** Trophy, **3** Once, **4** Persuade, **5** Tender, **6** Stop, **11** Descends, **13** Sobriety, **15** Season, **17** Reason, **19** Stye, **21** Safe.

QUIZWORD

Across: 1 Seberg, **4** Duparc, **9** Alain-Fournier, **10** Loesser, **11** Aleko, **12** Hesse, **14** Nylon, **18** Elway, **19** Austria, **21** Bartered Bride, **22** Sydney, **23** Celery.
Down: 1 Searle, **2** Brave New World, **3** Rings, **5** Unready, **6** Alice Lorraine, **7** Carton, **8** Moore, **13** Styrene, **15** Lesbos, **16** Bader, **17** Valéry, **20** Sabre.

Puzzles

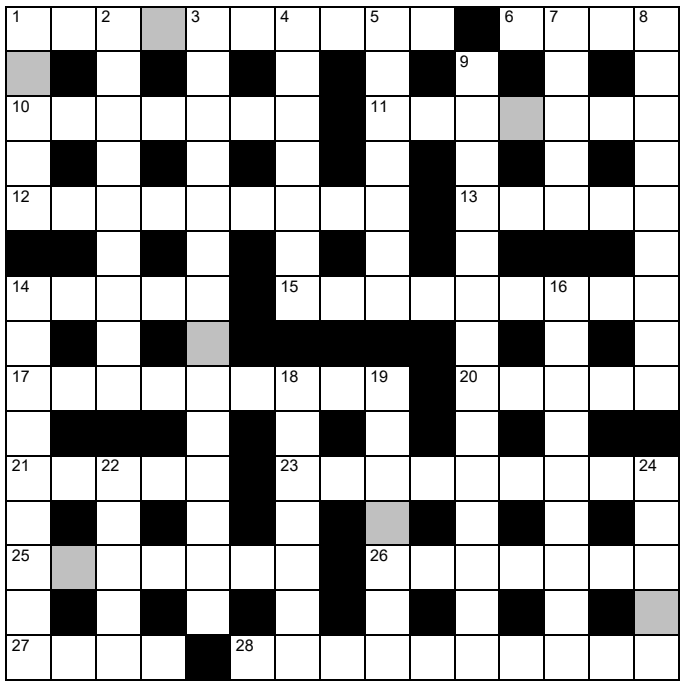
CRUSADER PRIZE CROSSWORD

ACROSS

1 Old snake breaking a tree in anger (10)
6 Sharp as a group of detectives (4)
10 Engineers, weary, went to bed (7)
11 Bellowing in the forties? (7)
12 Instrument shows laugh registered by woman (9)
13 Follow mother in conviction (5)
14 Most upset about republican outburst (5)
15 Motivated green side by mistake (9)
17 Socialist and German worker are superfluous (9)
20 Lone arrangement around British peer (5)
21 Digit hard to get into apple, say (5)
23 Promise eager aunt to change (9)
25 Non-specific officer (7)
26 Demand a new church with suspicion (7)
27 Youngster left in bed (4)
28 Crass teens running around, but she was first (10)

DOWN

1 Deficit not initially showing planet (5)
2 Last bit of writing, following conversation (9)
3 Role includes farmer once involved in theatrical presentation (11,3)
4 New dire recipe for drink (3,4)
5 Sailor doubled European sauce (7)
7 Declaring goal is missing, and hold (5)
8 Daughter to go back with oar for swim (3,6)
9 Knitwear design – cigar and knave next to alien (8,6)
14 Planned set – tragic mayhem (9)
16 Material in advance position (9)
18 African woman embraces new goal (7)
19 A note found in wood – English, that's sweet (7)
22 Learn layout of the kidneys (5)
24 Still small chances (5)



WIN £100 CASH

FOR YOUR CHANCE TO WIN
Read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER: Call **0904 161 3700** (calls cost £1.50 plus your telephone company's network access charge) and leave your answer and details, or text **DXCRUS** followed by a space, your answer, name and address details to **88833** (texts cost £1.50 plus your standard network rate). Lines close at midnight Saturday. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, January 23, PO Box 8694, Derby DE1 9TW. Entries must be postmarked by January 24 at the latest. For any postal enquiries, call helpline number. SP: Spoke – 0333 202 3390.
An extra day is given for postal entries during bank holidays.

● ***One weekly winner will be the first random correct entry drawn from all entry routes after the closing date of midnight Saturday. Competition runs Sunday to Saturday. The Editor's decision is final.***

NEED HELP? Call **0904 161 1609** for 5 extra clues! Calls cost £1.50 plus your telephone company's network access charge.

NAME

ADDRESS

POSTCODE

WEDNESDAY'S SOLUTION

ACROSS: 1 Satanic, 5 Regaled, 9 Cluttered, 10 Reams, 11 Inhales, 12 Orbital, 13 Rehearsal room, 18 High explosive, 20 Revenue, 23 Nicosia, 25 Relic, 26 Scrubland, 27 Strayed, 28 Ladders. **DOWN:** 1 Sickie, 2 Truth drug, 3 Natal, 4 Card sharp, 5 Rodeo, 6 Garibaldi, 7 Leapt, 8 Desk lamp, 14 Hue and cry, 15 Scoundrel, 16 Overstate, 17 Chartres, 19 Saudis, 21 Viler, 22 Eased, 24 Cubed. **Prizeword:** Armenia

TARGET

J	I	N
N	E	D
O	C	O

● *The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)*

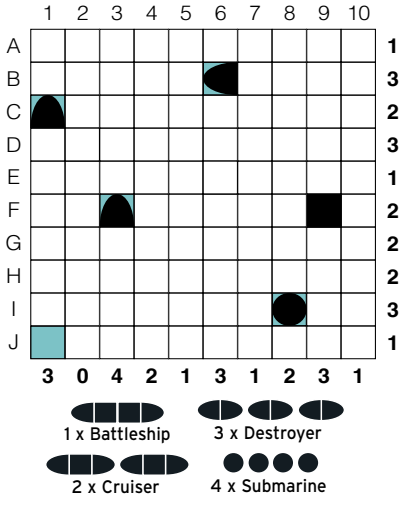
HOW many words of four letters or more can you make from the letters shown here?
In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals. Verb forms ending in S permitted.

TODAY'S TARGET
Good 11; very good 16; excellent 21 (or more). Solution on Monday

Call **0907 181 2585**
for today's Target solution
**Calls cost 80p per minute plus your telephone company's network access charge.*

BATTLESHIPS

FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.
Solution on Monday



THE ALPHABEATER

TARGET TIME: 40 minutes

CAN you crack the Alphabeater? Each grid number represents a letter – or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' – in other words, it looks the same if you turn the page upside down.
Solution on Monday

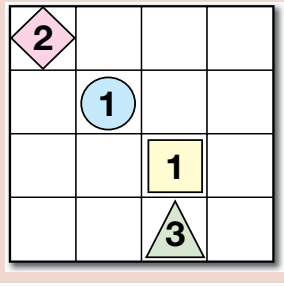
Extra letter clues
0907 181 2560
(Deduct three minutes for each extra clue letter heard)
Full solution
0907 181 2558
**Calls cost 80p per minute plus your telephone company's network access charge.*

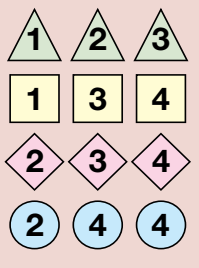
A	14	18	35	10	5	36	35	12	28	38	2	12	28
B	40	26	29	4	15	20	1	28	10	16	40	17	29
C	29	25	40	16	17	29	23	7	18	9	5	32	18
D	28	31	18	7	24	40	21	23	29	40	3	16	11
E	22	8	37	21	33	38	29	1	2	24	12	21	18
F	19	34	16	40	40	29	23	19	35	5	33	29	23
G	13	1	22	8	18	9	18	31	16	4	40	31	10
H	36	25	18	5	25	12	2	40	18	27	5	11	26
I	6	26	19	31	28	15	37	1	25	24	35	32	27
J	6	5	3	13	18	29	9	33	9	38	40	7	5
K	16	15	18	4	33	24	40	16	28	39	36	29	35
L	40	16	25	22	11	37	8	14	32	26	23	38	29
M	23	21	30	19	29	32	20	25	18	27	29	11	20

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	F						■				■					G			
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
							C												

● Alternatively, for six Extra Letter clues to your mobile, text **DXBEAT** to **64343.** Texts cost £1 plus standard network rate.

KEIJO





Place the tiles into the grid so that four different numbers and four different shapes appear in each row and column.
Solution on Monday

THE ALPHAPUZZLE®

Alphapuzzle® tests logic and word power. Each grid number stands for a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Solution on Monday

DIFFICULTY: 6/10; **TARGET:** 21 mins; **CLUE:** One patch builds a monument.

A	6	1	1	26	■	8	1	12	25	2	9	24	4
B	9	■	11	■	8	■	12	■	10	■	12	■	9
C	8	4	9	10	14	25	2	■	18	6	14	2	17
D	10	■	8	■	2	■	10	■	14	■	7	■	1
E	25	2	2	1	10	■	9	15	2	10	9	16	■
F	15	■	■	■	13	■	24	■	■	■	6	■	15
G	15	5	13	9	15	4	■	3	14	23	15	9	21
H	1	■	10	■	■	■	20	■	12	■	■	■	14
I	■	23	9	2	4	1	10	■	19	1	23	9	12
J	24	■	12	■	13	■	14	■	1	■	10	■	22
K	25	24	14	13	7	■	23	1	12	2	1	1	6
L	15	■	13	■	9	■	4	■	2	■	9	■	1
M	4	13	7	9	12	14	2	16	■	15	2	9	10
N													
O													
P													
Q													
R													
S													
T													
U													
V													
W													
X													
Y													
Z													

1	2	3	4	5	6	7	8	9	10	11	12	13	
		J				M							
14	15	16	17	18	19	20	21	22	23	24	25	26	

EXTRA LETTER CLUES: 0907 181 2568*
Hear up to six Extra Letters, deduct two minutes for each clue letter heard.
FULL SOLUTION: **0907 181 2565***
ACROSS ONLY: **0907 181 2561*** / DOWN ONLY: **0907 181 2562***
**Calls cost 80p per minute plus your telephone company's network access charge.*

Alternatively, for six extra letter clues direct to your mobile, text **DXALPHA** *to* **64343.** *Texts cost £1 plus standard network rate.*

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THE DAILY EXPRESS 30-SECOND CHALLENGE

TODAY'S ANSWERS: BEGINNER = 38; INTERMEDIATE = 56; ADVANCED = 485.

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